

# Dancing 4 Health

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Shanthie De Mel (AUS) - October 2010  
音乐: Just Stand Up! - Artists Stand Up to Cancer : (2008 Telethon, iTunes - 3:34)



Begin: Intro 16 count: Start just before the main vocals "The heart is stronger than you think"  
Rotation right. No Tags or Restarts.

This dance is dedicated to Jan Wyllie of Queensland Australia, who has given so much joy to dancers with her choreography & teaching, & who is now trying to overcome cancer. The line dance community of Melbourne wish her a speedy recovery, & many happy years of dancing. With the singers we say - "Don't give up. Through it all just stand up."

For split floors, see Intermediate / Advanced line dance - "Jan's Dance" to the same music.

**SIDE. HOLD. CROSS/ROCK. RECOVER. SIDE. HOLD. CROSS/ROCK. RECOVER.**

1, 2, 3, 4      Step L to left. Hold. Rock R over L. Recover L.  
5, 6, 7, 8      Step R to right. Hold. Rock L over R. Recover R. (12:00)

**VINE LEFT WITH HOLD. VINE RIGHT WITH HOLD.**

1, 2, 3, 4      Step L to left. Hold. Cross R behind L. Step L to left.  
5, 6, 7, 8      Step R to right. Hold. Cross L behind R. Step R to right. (12:00)

**FORWARD. HOLD. LOCK. FORWARD. BACK. HOLD. LOCK. BACK.**

1, 2, 3, 4      Step L diagonally forward. Hold. Lock R behind L. Step L diagonally forward.  
5, 6, 7, 8      Step R diagonally back. Hold. Lock L over R. Step R diagonally back.

**CROSS. HOLD. BACK. BACK. CROSS. HOLD. 1/4 TURN RIGHT BACK. SIDE.**

1, 2, 3, 4      Cross L over R. Hold. Step R back. Step L back.  
5, 6, 7, 8      Cross R over L. Hold. Turning 1/4 right step back L. Step R to right. (3:00)

Keep to the count, even when the phrasing does not quite seem to fit, especially when the key, changes.  
This was done on purpose to avoid Tags or Restarts!

The "Stand Up 2 Cancer" Foundation, on Sept. 5th 2008 held a 2 hour special concert Telethon at The Radio City Music Hall in New York, which was simulcast on NBC, ABC & CBS over 170 countries, without commercials. "Just Stand Up" was sung by 15 Divas - Mariah Carey, Beyonce, LeAnn Rimes, Rihanna, Miley Cyrus, Leona Lewis, Melissa Etheridge, Carrie Underwood, Ashanti, Sheryl Crowe, Keyshia Cole, Natasha Bedingfield, Fergie, Ciara & Mary J. Blige. They raised \$100 million, which is being used for cancer research. "Just Stand Up" was released as a R&B single, available on iTunes.

Last Update – 19th March 2017