Dancing With Friends EZ (aka Jan's Little Dance)

Count: 48 **Wall:** 4 **Level:** Beginner
Choreographer: Lisa McCammon (USA) - August 2015
Music: Don't Ever Let Nobody Drag Your Spirit Down - Heritage Blues Orchestra : (CD: And Still I Rise)

#32 count intro - Counterclockwise rotation; start with weight on L

This dance is dedicated to Jan.

[1-8]☐ROCK, RECOVER, SIDE, TOUCH, ROCK, RECOVER, SIDE, TOUCH

1-4	Small rock forward onto R, recover weight L, take big step side R, touch L home
5-8	Small rock forward onto L, recover weight R, take big step side L, touch R home

[9-16]☐VEE STEP, SWAY R, L, R, L

1-4	Step R forward to right diagonal, step L to side; step R back, step L home
5-8	Step side R, swaying R, L, R, L (let momentum sway right again into next section)

[17-24]☐SIDE, BEHIND, SIDE, CROSS, SIDE TRIPLE, BACK ROCK, RECOVER

1-4	Step R to side, step L behind, step R to side, cross step L
5&6	Step R to side, close L, step R to side
7-8	Rock back onto L, recover weight R

[25-32]☐SIDE, BEHIND, SIDE, CROSS, TRIPLE TURN RIGHT ¼, BACK ROCK, RECOVER

1-4	Step L to side, step R behind, step L to side, cross step R
5&6	Turn right ¼ [3] stepping back L, close R, step L back
7-8	Rock back onto R, recover weight L (momentum continues forward with walk R)

[33-40]☐WALK, WALK, TRIPLE FORWARD, STEP, TURN RIGHT ¼, REPEAT

1-2	Walk forward R, L
3&4	Step forward R, close L, step forward R
5-8	Step forward L, turn right ¼ [6] taking weight R; repeat, ending at [9], weight on R (new wall)

[41-48]☐WALK, WALK, TRIPLE FORWARD, ROCKING CHAIR

1-2	Walk forward L, R
3&4	Step forward L, close R, step forward L
5-6	Rock forward onto R, recover weight L
7-8	Rock back onto R, recover weight L (momentum leads into small forward rock to start pattern)

***The lyrics in this song contain a message for all of us, but the dance will work with other WCS rhythm tracks. Country suggestion: Blues, Stay Away From Me by Hot Rize & Red Knuckles and the Trailblazers.**

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