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

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| **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 |

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| --- | --- |
| 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**

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| 1-4 | Step R forward to right diagonal, step L to side; step R back, step L home |

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| 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**

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| --- | --- |
| 1-4 | Step R to side, step L behind, step R to side, cross step L |

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| --- | --- |
| 5&6 | Step R to side, close L, step R to side |

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| 7-8 | Rock back onto L, recover weight R |

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

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| --- | --- |
| 1-4 | Step L to side, step R behind, step L to side, cross step R |

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| 5&6 | Turn right ¼ [3] stepping back L, close R, step L back |

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| --- | --- |
| 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**

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| 1-2 | Walk forward R, L |

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| 3&4 | Step forward R, close L, step forward R |

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| 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**

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| --- | --- |
| 1-2 | Walk forward L, R |

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| --- | --- |
| 3&4 | Step forward L, close R, step forward L |

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| --- | --- |
| 5-6 | Rock forward onto R, recover weight L |

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| --- | --- |
| 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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