|  |  |
| --- | --- |
| 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.**

**Lisa McCammon, dancinsfun@gmail.com and www.peterlisamcc.com. All rights reserved, August 2015.**

**This step sheet is not authorized for publication on Kickit.**