

Dancing With Friends (aka Jan's Dance)



Count: 48

Wall: 4

Level: Easy Intermediate

Choreographer: Lisa McCammon (USA) - August 2015

Music: Don't Ever Let Nobody Drag Your Spirit Down by the Heritage Blues Orchestra*;
[And Still I Rise CD- 108 BPM]



#32 count intro; counterclockwise rotation; start weight on L

** This dance is dedicated to Jan.

[1-8] □ ROCK, RECOVER, STEP BACK, DRAG-& ROCK, RECOVER, STEP BACK, DRAG-&

- 1-2 Rock forward onto R, recover weight L
- 3-4& Take big step back on R, drag L heel; step onto L
- 5-8& Repeat previous 4 counts, ending weight on L

[9-16] □ ROCK, RECOVER, TRIPLE RIGHT ¼, CROSS ROCK, RECOVER, SWAY, SWAY

- 1-2 Rock forward onto R, recover weight L
- 3&4 Turn right ¼ [3] stepping R to side, close L, step R to side
- 5-8 Rock L across R, recover weight R, step L to side swaying L, sway R (think L again)

[17-24] □ LINDY L, SIDE, DRAG, BEHIND-SIDE-CROSS

- 1&2 Step side L, close R, step L to side
- 3-4 R back onto R, recover weight to L
- 5-6 Take big step R, bending knees drag L toward R as you straighten knees (keep going right)
- 7&8 Step L behind R, step R to side, step L across R

[25-32] □ SIDE ROCK, RECOVER, R SAILOR, L ¼ TOASTER (turning coaster), KICK-BALL-STEP

- 1-2 Rock side R, recover weight to L
- 3&4 Step R behind L, step L to side, step R to side
- 5&6 Turn left ¼ [12] stepping L back, close R, step L slightly forward
- 7&8 Kick R forward, step R home, step L slightly forward to start momentum forward

[33-40] □ ENGLISH CROSS, TRIPLE STEP TURNING RIGHT ½, BACK ROCK, RECOVER

- 1-2 Walk R, L
- &3 Step onto R while turning slightly to L diagonal; step L across R
- 4 Step forward onto R, squaring to wall (turn out R toe to prep right turn)

Easier option 1-2, 3&4: Walk, walk, triple forward RLR

- 5&6 Turn right ¼ [3], stepping side L, close R, turn right ¼ [6] stepping back L
- 7-8 Rock back onto R, recover weight L (turn out L toe to prep left triple turn)

[41-48] □ TRIPLE STEP TURNING LEFT ½, TRIPLE LEFT ¼, CROSS, BACK-&-CROSS, POINT

- 1&2 Turn left ¼ [3] stepping side R, close L, turn left ¼ [12] stepping back R (let it flow)
- 3&4 Turn left ¼ [9] stepping side L, close R, step L to side (open slightly to L diagonal)
- 5-6 Step R across L, step back L
- &7-8 Step R to side, step L across R, point R to side

Easier option 5-8: Step R across L, step back L, step R to side, step fwd L

*The dance will work with other WCS rhythm tracks, but the lyrics in this song contain a message for all of us.

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