

Steps 2 Heal

Count: 48

Wall: 4

Level: Beginner

Choreographer: Shanthie De Mel (AUS) - June 2010

Music: Just Stand Up! - Artists Stand Up to Cancer : (2008 Telethon - 3:34)



Begin: Wt on R: Intro 16 count: Start just before the main vocals - "The heart is stronger than". Rotation CCW.

This dance is dedicated to my dear brother Nihal, & to all those brave people elsewhere in the world, who are now struggling to overcome cancer. May our thoughts & healing wishes give them hope, & empower them to live the rest of their lives in peace, to the fullest. With the singers we say - " Don't give up. Through it all just stand up."

For split floors, see line dances to the same music. "Stand Up 4 Health"- Intermediate-64 count
"Don't Give Up" -Beginner- 32 count.

(1-8) SIDE, DRAG, ROCK, RETURN, SIDE, TOUCH, SIDE, HOOK

- 1,2,3,4 Take a big step L to left side, drag R towards L & slightly back, rock R back, return L,
- 5,6 Step R to right side, touch L together
- 7,8 Step L to left side, hook R foot in front of L shin (12:00)

(9-16) FWD, LOCK, FWD, SCUFF, FWD, PIVOT, SIDE, TOUCH

- 1,2,3,4 Turning 1/4 right step R fwd, lock L behind R, step R fwd, scuff L fwd (3:00)
- 5,6 Step L fwd, pivot 1/2 right ending on R (9:00)
- 7,8 Turning 1/4 right step L to left side, touch R next to L (12:00)

(17-24) SIDE, DRAG, ROCK, RETURN, SIDE, TOUCH, SIDE, HOOK

- 1,2,3,4 Take a big step R to right side, drag L towards R slightly back, rock L back, return R
- 5,6 Step L to left side, touch R together
- 7,8 Step R to right side, hook L foot in front of R shin (12:00)

(25-32) FWD, LOCK, FWD, SCUFF, FWD, PIVOT, SIDE, TOUCH

- 1,2,3,4 Turning 1/4 left step L fwd, lock R behind L, step L fwd, scuff R fwd (9:00)
- 5,6 Step R fwd, pivot 1/2 left ending on L (3:00)
- 7,8 Turning 1/4 step R to right side, touch L next to R (12:00)

(33-40) FWD ROCKING CHAIR, LEFT JAZZ BOX TOUCH

- 1,2,3,4 Rock L fwd, return R, rock L back, return R
- 5,6,7,8 Step L over R, step back R, step L to left side, touch R next to L (12:00)

(41-48) FWD ROCKING CHAIR, RIGHT JAZZ BOX HOLD

- 1,2,3,4 Rock R fwd, return L, rock R back, return L
- 5,6,7,8 Cross R over L, turning 1/4 left step L back, step R to right side, hold. (9:00)

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