

Dancing 4 Health

COPPER KNOB
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Beginner



Chorégraphe: Shanthie De Mel (AUS) - October 2010

Musique: Just Stand Up! - Artists Stand Up to Cancer : (2008 Telethon, iTunes - 3:34)

Intro 16 count: Start just before the main vocals - "The heart is stronger than you think"

Wall Rotation right. No Tags or Restarts. Keep to the count, even when the phrasing does not quite seem to fit, especially when the key, changes. This was done on purpose to avoid Tags or Restarts!

(1-8) SIDE. HOLD. CROSS/ROCK. RECOVER. SIDE. HOLD. CROSS/ROCK. RECOVER.

1, 2, 3, 4 Step L to left. Hold. Rock R over L. Recover L.

5, 6, 7, 8 Step R to right. Hold. Rock L over R. Recover R. (12:00)

(9-16) VINE LEFT WITH HOLD. VINE RIGHT WITH HOLD.

1, 2, 3, 4 Step L to left. Hold. Cross R behind L. Step L to left.

5, 6, 7, 8 Step R to right. Hold. Cross L behind R. Step R to right. (12:00)

(17-24) FORWARD. HOLD. LOCK. FORWARD. BACK. HOLD. LOCK. BACK.

1, 2, 3, 4 Step L diagonally forward. Hold. Lock R behind L. Step L diagonally forward.

5, 6, 7, 8 Step R diagonally back. Hold. Lock L over R. Step R diagonally back. (12:00)

(25-32) CROSS. HOLD. BACK. BACK. CROSS. HOLD. 1/4 TURN RIGHT BACK. SIDE.

1, 2, 3, 4 Cross L over R. Hold. Step R back. Step L back.

5, 6, 7, 8 Cross R over L. Hold. Turning 1/4 right step back L. Step R to right. (3:00)

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

Last Update: 10 Jul 2025