

# The Music In You

Choreographed by: Rona Kaye (January, 2021)  
Level: Intermediate  
Descriptions: 32 Count 4 Wall With Two Restarts and One Tag (12 cts)  
Music: "You Get What You Give" by New Radicals  
(Available On Amazon.com)

Dance starts after 32 counts. (Start counting that first 32 AS SOON AS the track starts!)

## Kick, Back Rock/"Dip" 1/8 Turn R, Recover 1/8 Turn L, Side Toe Switches, Hold, Ball Step 1/4 Turn Left:

1 2 3	Kick R Forward (1) Rock R Back/"Dip" 1/8 To Right (2) Recover On L 1/8 To Left (3)	12:00
4 & 5 6	Touch R Side Right (4) Step R Into L (&) Touch L Side Left (5) Hold (6)	12:00
& 7 8	Step L Into R (&) Step R Forward (7) Turn 1/4 To Left Wt On L (8)	9:00

## Cross, Hinge Turn To Right, L Triple Step Forward, Hold, Ball Rock Forward:

1 2 3	Cross R Over L (1) Step Back L 1/4 Turn Right (2) Step R Forward 1/4 Turn Right (3)	3:00
4 & 5 6	Step L Forward (4) Step R Into Slightly Behind L (&) Step L Forward (5) Hold (6)	3:00
& 7 8	Step R Into L Slightly Behind (&) Rock Forward Onto L (7) Recover Onto R	3:00

## Ball Touch R Back, Turn 1/2 To Right, Chase Turns To Right And Left, Step Forward :

&1	Step L Into R (&) Touch R Toe Back (1)	3:00
2 3	Turn 1/2 To R Wt On R (2) Step L Forward (3)	9:00
4 5 6	Turn 1/2 To R Wt On R (4) Step L Forward (5) Step R Forward (6)	3:00
7 8	Turn 1/2 To Left Wt On L (7) Step R Forward (8)	9:00

\*\*\*Restart here after count 24. "Change of step" is noted below.

## 1/4 Turn L, Low Diagonal Kicks R & L, Step Touch 1/4 To Left, Step Touches To Right and Left:

1 2 & 3	Turn 1/4 To Left Wt On L (1) Kick R Across L (2) Step R Home (&) Kick L Across R (3)	6:00
& 4	Turn 1/4 To Left Step L To Left (&) Touch R Into L (4)	
5 6 7 8	Step R Side Right (5) Touch L Toe Into R (6) Step L Side Left (7) Touch R Toe Into L (8)	3:00

End of Dance!

\*\*\*Restarts with the "change of step" happen on Walls 6 and 10, after the first 24 counts. Instead of stepping forward on R on count 24, TOUCH the R toe into L and SNAP your fingers, hands up, shoulder height. Then restart with the R kick forward at the start of the dance. Your weight at that point is on your L (count 23).

Wall 6 starts facing 3:00, you will restart the dance at 12:00 (Wall 7)  
Wall 10 starts facing 9:00, you will restart the dance at 6:00 (Wall 11).

When you finish Wall 11, you will be facing 9:00...this is when the 12 count tag happens BEFORE starting Wall 12 at 9:00. No more surprises after the tag!!!!

You should be facing the front of the room at the very end of the dance! Dance ends on count 7 of the second eight count.

**12 Count TAG (facing 9:00 after Wall 11 and before starting Wall 12):**

**Side, Together, Side, Cross Rock Recover Side, Cross, Side, Sailor R, Step Touch R and L:**

1 2 3	Step R Side Right (1) Step L Into R (2) Step R Side R (3)	9:00
4 & 5	Cross Rock L Over R (4) Recover To R (&) Step L To Left (5)	9:00
6 7 8 &	Step R Over L (6) Step L Side Left (7) Step R Slightly Behind L (8) Uncross Stepping L Slight Side Left (&)	9:00
1 2	Step R Side Right (1) Touch L Toe Into R (2)	
3 4	Step L Side Left (3) Touch R Toe Into L (4)	9:00

Begin Wall 12 at 9:00 after the 12 count tag..

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I heard this song for the first time during The Inauguration's "Celebrating America" evening concert and tribute to our blessed Country. The show's message *to me* was one of Unity, Hope, Truth, Honor and Gratitude.

The back story is that this song has a deep connection with the Biden family. An excerpt from an article in Rolling Stone Magazine: In Joe Biden's 2017 autobiography, "Promise Me, Dad", he wrote that "You Get What You Give" became the family's rallying theme song for son Beau Biden during his battle with cancer.

As stated in the 2017 book: "During breakfast, Beau would often make me listen to what I thought was his theme song, 'You Get What You Give' by the New Radicals. He continues..."Even though Beau never stopped fighting and his will to live was stronger than most – I think he knew that this day might come. The words to the song are: This whole damn world can fall apart. You'll be okay, follow your heart."

The exact lyrics are: "Don't let go, you've got the music in you...One dance left, this world is gonna pull through...Don't give up, you've got a reason to live...Can't forget, we only get what we give."

This message is what inspired me to write the dance and I dedicate it to the memory of Beau Biden.

#FollowYourHeart

#HighHopes

#ItWillBeOkayIfWeWorkTogether