

# Gloves Up

Count: 48

Wall: 2

Level: High Intermediate

Choreographer: Emma Carroll (UK) & Melanie Dale (UK) - March 2021

Music: Gloves Up - Little Mix



[Music Available on iTunes and Amazon]

Intro: 16 counts

Pattern: 48, 32 Tag, 32, 48, Tag, Tag, Ending

## Section 1: Point, Full Turn, Rock & Cross & Behind, Pop, Back Rock Forward Rock

- 1-2 Point right foot out to right side (1), full turn right crossing right foot over left (2) [12:00]  
3&4&5 Rock left foot out to left side (3), recover weight onto right (&), cross left foot over right (4), step right foot to right side (&) cross left foot behind right sweeping right foot from front to back (5)  
6 Step weight back onto right foot popping left knee forward (6)  
7&8& Rock left foot back (7), recover weight onto right (&), rock left foot forward (8), recover weight onto right (&)

## Section 2: ¼ Side, Behind Quarter, Rock Recover, Run Run Drag, Coaster Left Lock Left

- 1-2& Quarter turn left stepping left foot to left side (1), cross right foot behind left (2), quarter turn left stepping left foot forward (&) [6:00]  
3&4&5 Rock right foot forward (3), recover weight back onto left (&), run back right (4), run back left (&), run back right dragging left heel towards right foot (5)  
6& Step left foot back (6), step right foot next to left (&)  
7&8 Step left foot forward (7), lock right foot behind left (&), step left foot forward (8)

## Section 3: Touch Hitch, Step Right, Step Half Step Half, Side Back Rock, ½ Turn Together Turn Together

- &1-2 Touch right toe next to left foot (&), hitch right knee up rising onto ball of left foot (1), step right foot forward (2)  
3&4& Step left foot forward (3), pivot half turn right (weight right) (&), step left foot forward (4), pivot half turn right (weight right) (&) [6:00]  
5-6& Step left foot to left side (5), rock right foot behind left (6), recover weight onto left foot (&)  
7&8& Quarter turn right stepping right foot forward (7), step left foot next to right (&), quarter turn right stepping right foot forward (8), step left foot next to right (&) [12:00]

## Section 4: Turn Sweep, Cross Back Back, Behind Side, Cross Rock Recover Ball Step Half Turn Together

- 1-2&3 Quarter turn right stepping right foot forward, sweeping left foot from back to front (1), cross left foot over right (2), turn 1/8 to left stepping right foot back (&), step left foot back (3) [1:30]  
4& Step right foot back (4), turn 1/8 to left stepping left foot to left side (&) [12:00]  
5-6& Cross rock right foot over left (5), recover weight onto left foot (6), step right foot next to left (&)  
7-8& Step left foot forward (7), pivot half turn right (weight right) (8), step left foot next to right (&) [6:00]

\*Tag Wall 2 \*Restart Wall 3

## Section 5: Side, Back Rock Side, Behind Quarter, Step Half Turn, Step Quarter Turn

- 1-2& Step right foot to right side (1), cross rock left foot behind right (2), recover weight onto right foot (&)  
3-4& Step left foot to left side (3), cross right foot behind left (4), quarter turn left stepping left foot forward (&) [3:00]  
5-6 Step right foot forward (5), pivot half turn left (weight left) (6) [9:00]  
7-8 Step right foot forward (7), pivot quarter turn left (weight left) (8) [6:00]

## **Section 6: Side, Behind Quarter, Step ¾ Turn, Side Rock Ball Side Rock Touch**

- 1-2& Step right foot to right side (1), step left foot behind right (2), quarter turn right stepping right foot forward (&) [9:00]
- 3-4 Step left foot forward (3), pivot three quarter turn right (weight right) (4) [6:00]
- 5-6& Rock left foot out to left side (5), recover weight onto right foot (6), step left foot next to right (&)
- 7&8 Rock right foot out to right side (7), recover weight onto left foot (&), touch right foot next to left (8)

**\*Tag: During Wall 2 after 32 counts add 16 count tag and RESTART the dance  
After Wall 4 dance 16 count tag TWICE and finish with the dance ending**

## **Tag Section 1: Step Flick, Step Flick, Out Out In In, Step Touch, Step Touch, Run Run Run Kick**

- 1&2& Step right foot to right side (1), flick left foot behind right (&), step left foot to left side (2), flick right foot behind left (&)
- 3&4& Step right foot out to right side (3), step left foot out to left side (&), step right foot in towards left foot (4), step left foot next to right (&) [12:00]

**Arms: Bring right arm up in front of face with fist clenched and elbow pointing down (4) Bring left arm up next to right in the same way (&)**

- 5&6& Step right foot towards right diagonal angling body towards 10:30 (5), touch left foot next to right (&), step left foot towards left diagonal angling body towards 1:30 (6), touch right foot next to left (&)

**Arms: Keep arms in front of face for counts 5&6&**

- 7&a8 Run forward right straightening body back to 12:00 (7), run forward left (&), run forward right (a), kick left foot forward (8)

**Arms: Keep arms in front of face for counts 7&a**

**Punch right fist forward as you kick your left foot forward (8)**

## **Tag Section 2: Back Kick, Back Kick, Back Together, Cross Side, Point Together, Point Together, Rock Recover Together**

- 1&2& Step back left (dropping arms) (1), kick right foot forward (&), step back right (2), kick left foot forward (&)
- 3&4& Step back on left foot (3), step right foot next to left (&), cross left foot over right (4), step right foot to right side (&)

**Arms: Bring both arms up in front of face with fists clenched and elbows pointing down as you step your right foot to right side (&)**

- 5&6& Point left foot to left side angling body toward 10:30 (5), step left foot next to right straightening body to 12:00 (&), point right foot out to right side angling body to 1:30 (6), step right foot next to left straightening body up to 12:00 (&)

**Arms: Punch left fist forward as you point left foot (5), bring left fist back in front of face as you bring left foot in (&), punch right fist forward as you point right toe (6), bring right fist back in front of face as you bring right foot in (&)**

- 7&8 Rock left foot forward (dropping arms) (7), recover weight onto right foot (&), step left foot next to right (8)

**\*Restart: On Wall 3 after 32 counts**

**Ending: At the end of the last tag step right foot to right side on & count and lift both fists in front of face (Gloves Up!)**

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