

# Hands Up and Live Your Life

**COPPER** **NOB**  
BY SHEETS

Compte: 32

Mur: 2

Niveau: Beginner

Chorégraphe: Donna Manning (USA) - February 2014

Musique: Echa Pa'lla (Manos Pa'rriba) (English Version) - Pitbull



## 48 count intro - NO Tags or Restarts

### Sec. 1 (1-8) Hip Bump and Step x4

1&2 Touch ball of R fwd as you bump R hip fwd, back and fwd as you take the weight with R, L arm up on the touch down on the step

3&4 Touch ball of L fwd as you bump L hip fwd, back and fwd as you take the weight with L, R arm up on the touch down on the step

5&6, 7&8 repeat 1-4 (12:00)

### (Alternate 1st 8 Toe Heel Struts with Arms Overhead)

1,2,3,4 Touch ball of R, drop heel of R taking weight, Touch ball of L, drop heel of L taking weight, As you do Toe/ Heel Struts closed hands go overhead L on the toe touch and R on the heel

5,6,7,8 Repeat first 4 counts (12:00)

### Sec. 2 (9-16) Side, Close, Side, Touch – Repeat

1,2,3,4 R to R side, Bring L tog. with R, R to R side, Touch L next to R- Waive arms overhead L, R, L, L

5,6,7,8 L to L side, Bring R tog. with L, L to L side, Touch R next to L- Waive arms overhead R, L, R, R

\*or arms in front of chest\* (12:00)

### Sec. 3 (17-24) Rock, Recover, ¼ Turn Triple, Weave, ¼ Turn

1,2, 3&4 R fwd rock, recover to L, ¼ turn R- R to R side, L together to R, R to R side

5,6,7,8 Cross L over R, R to R side, L behind R, ¼ turn R stepping R fwd (6:00)

### Sec. 4 (25-32) L Salsa basic, R Salsa touch

1,2,3,4 Push off the ball of L fwd, recover to R, Step L to center, clap

5,6,7,8 Push off the ball of the R back, recover to L, touch R next to L, clap (6:00)

**HAVE FUN! Please do not alter this step sheet in any way.**

If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

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