

Put Your Hands UP

COPPER **KNOB**
BY STEPHEN

拍数: 64 墙数: 4 级数: Improver
编舞者: Mathew Sinyard (UK) - April 2020
音乐: Put Your Hands up - Forest Blakk



Intro: 8 Counts, One Restart

Written In Support of the New LDF Reach Out Initiative

Section 1: Side Strut, Rock Back Recover, Grapevine 1/2 Brush

1 - 4 Step right toe to right side, Step down on right. Rock Left behind right, Recover in right.
5 - 8 Step left to left side, cross right behind left, make a ¼ turn left stepping left forward, brush
Right beside left making another ¼ turn left.

Section 2: Chasse Right, Rock Back Recover, Side Hold Ball Side Touch.

1 - 2 Step right to right side, close left beside right.
3 4 Rock left behind right, recover on right.
5 6 Step left to left side, hold.
& 7 8 Step right beside left, step left to left side, touch right beside left.

Section 3: Repeat Section One.

Section 4: Repeat Section Two.

Section 5: Side Rock, Recover ¼ Turn Left, Shuffle Forward, Rock Recover Shuffle ½.

1 2 Rock right to right side, recover on to left making a ¼ turn left.
3 & 4 Step forward on right. Close left to right, step forward on right.
5 6 Rock forward on left, recover on to right.
7 & 8 make a ¼ turn left stepping left to left side, close right beside left, make a ¼ turn left Stepping
forward on left.

Section 6: Step Hold Ball Step Touch, Walk Back x 3 Touch

1 2 Step forward on right, hold.
& 3 4 Step left beside right, step forward on right, touch left next to right.
7 - 8 Walk back left, right, left, touch right beside left.

Section 7: Side Hold Ball Side Touch, Rolling Vine Touch.

1 2 Step right to right side, Hold.
&3 4 Step left beside right, step right to right side, touch left beside right.
5 - 8 Make a ¼ turn left stepping forward on left, make a ¼ turn left stepping back on right.

Section 8: Side Hold Ball Side Brush, Cross Back Side Touch.

1 2 Step right to right side, hold.
& 3 4 Step left beside right, step right to right side, step left to left side, brush left beside right.
5 - 8 Left to left side, touch right beside left.

****RESTART WALL 3** Restart the dance after section 3**

****STYLING** During the Chorus on walls 2 5 6, when he sings "Put your hands up", raise arms up so we know we're not alone.**

****ENDING WALL 7** Wall 7 dance section 3 but continuing the turn to finish facing the front.**

No matter the road, no matter how hard, put your hands up so you know you're not alone.

Email: - mat@inlinewedance.co.uk Website:- inlinewedance.co.uk

