

Throw Your Hands Up

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Linda Burgess (AUS) - February 2012
音乐: Throw Your Hands Up (feat. Pitbull & Lucenzo) - Qwote : (Single - 3:30)



Intro: 48 counts - No Restarts No Tags!! Turns clockwise. Start with weight on L.

[1-8] SIDE, TOGETHER, SIDE SHUFFLE, L SAILOR, R SAILOR ¼ L

1,2,3&4 Step R to R, step L beside R, shuffle to R side (stepping R,L,R)
5&6,7&8 Step L behind R, step R to R, step L to L, step R behind L, ¼ turn L & step fwd L, step fwd R

[9-16] WALK, WALK, MAMBO FWD, SHUFFLE BACK, SHUFFLE BACK

1,2,3&4 Walk fwd L, R, rock/step fwd L, replace weight to R, step back L,
5&6,7&8 Shuffle back R,L,R (turning shoulders to face R45) shuffle back L,R,L (turning shoulders to face L45) (optional shake shoulders on walks fwd, & raise arms slightly on shuffles back)

[17-24] TOUCH, UNWIND ½, ROCK BACK REPLACE, STEP/HIPS, STEP HIPS

1,2,3,4 Touch R toe back, unwind ½ turn R (keeping weight on L) rock/step back R, replace weight to L
5&6,7&8 Step R fwd & push R hip fwd, push L hip back, push R hip fwd, step fwd L & push L hip fwd, push R hip back, push L hip fwd (optional- use any fun arms on hip bumps)

[25-32] STEP, PIVOT ½, SHUFFLE BACK, STEP BACK, ½ STEP, STEP, PIVOT, STEP

1,2,3&4 Step fwd R, pivot ½ turn L, keep weight on L & turn ½ L & shuffle back R,L,R
5,6,7&8 Step back L, ½ turn R & step fwd R, step fwd L, pivot ½ turn R, step fwd L.

[33-40] ROCK FWD & BACK, LOCK SHUFFLE, ROCK FWD & BACK, LOCK SHUFFLE

1,2,3&4 (lots of hips!!)-Rock/step fwd R, rock back on L, step fwd R, lock/step L behind R, step fwd R
5,6,7&8 (lots of hips!!)-Rock/step fwd L, rock back on R, step fwd L, lock/step R behind L, step fwd L

[41-48] STEP PIVOT ¼ L, CROSS SHUFFLE, CROSS SHUFFLE, ¼ L SHUFFLE FWD

1,2,3&4 Step fwd R, pivot ¼ turn L, cross/step R over L, step L to L, cross/step R over L
5&6,7&8 Cross/step L over R, step R to R, cross/step L over R, turn ¼ L & shuffle fwd R,L,R

[49-56] SKATE, SKATE, SHUFFLE FWD, STEP, PIVOT ½ L, SHUFFLE FWD

1,2,3&4 Skate fwd L,R, shuffle fwd L,R,L,
5,6,7&8 Step fwd R, pivot ½ turn L, shuffle fwd R,L,R

[57-64] STEP, HITCH, BEHIND, SIDE, CROSS, SIDE ROCK, REPLACE, BEHIND, SIDE, CROSS

1,2,3&4 Step fwd L, hitch R, step R behind L, step L to L, cross/step R over L
5,6,7&8 Rock/step L to L, replace weight to R, step L behind R, step R to R, cross/step L over R.

Begin again!!

Ending: Wall 7, facing (6.00)-Dance counts 1-14. then turn ¼ left & shuffle to left side, then Stomp R fwd & arms out to sides.

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