

# Put Your Hands Up

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Alexis Strong (UK) & Pat Stott (UK) - November 2015  
音樂: Good To Be Alive - Meghan Trainor



Start after 16 count intro

## Section 1: Walk, walk, 1/4 pivot left, cross, ball, cross, 1/4 right stepping back on left, sailor step turning 1/4 right

1-2            Walk R (1) Walk L (2)  
3&4            Step Fwd R (3) 1/4 Turn L, Step On L (&) Cross R Over L (4)  
&5-6          Step L To L (&) Cross R Over L (5) Make 1/4 R, Step Back On L (6)  
7&8            Cross R Behind L (7) 1/4 Turn R, Step On L (&) Step On R (8) FACING 3.00

## Section 2: Vaudeville steps, cross, side, Cuban cross shuffle

1&2            Cross left over right, step right to right and slightly back, extend left heel to left diagonal  
&3&4          Close, cross Right over left, left to left and slightly back & extend right heel to right diagonal  
&5-6          Close, cross Left over right, small step to right  
7&8            Cross shuffle (with Cuban hips)

(Steps 5-8 to be kept small so that you can get maximum hip action!)

## Section 3: Sway, sway, small chasse right, cross, recover, chasse 1/4 left

1-2            Step right to right and sway hips - right, left  
3&4            Small chasse to right  
5-6            Cross left over right, recover on right  
7&8            Chasse with 1/4 left

## Section 4: Rock, recover, full triple right, hitch, touch with 1/4 turn x 2, cross, back, side

1-2            Rock forward on right, recover on left  
3&4            Full triple turn right ( or coaster step)  
&5&6          Hitch left, point out to left pushing round 1/4 right, hitch left, point out to left pushing round 1/4 right  
7&8            Cross left over right, back on right, side on left

## Section 5: Mambo forward, step, scuff, hitch, step back, heel splits - out, in, hitch left, close, point right to right, close, point left, to left

1&2            Rock R Forward (1) Step Back On L (&) Rock Back On R (2)  
&3&4          Step down on left (&) Scuff R Forward (3) Hitch R (&) Step R Back (4)  
&5,6          Split Heels Out (&) Heels In weight on right (5) Hitch L (6)  
&7&8          Step L Down (&) Point R To R (7) Step R Together (&) Point L To L (8)

## Section 6: Close, right cross, hold, step, cross shuffle, 1/4 right stepping back on left, hook, shuffle forward

&1-2          Step On L (&) Cross R Over Left (1) Hold (2)  
&3&4          Step On L (&) Cross R Over L (3) Step L To L (&) Cross R Over L (4)  
5-6 1        /4 R Step On L (5) Hook R (6)  
7&8          Step Fwd R (7) Step L To R (&) Step Fwd On R (8)

## Section 7: Walk, walk, shuffle x 2 in a full circle left

1-2            Walk, walk  
3&4            Shuffle fwd  
5-6            Walk, walk,  
7&8            Shuffle fwd

The above steps are danced in a full circle to left

**Section 8: Cross, recover, side, cross, recover, side, cross, recover and sweep left round, behind, side, forward**

1,2&	Cross left over right, recover on right, left to left
3,4&	Cross right over left, recover on left, right to right
5-6	Cross left over right, recover on right sweeping left round from front to back
7&8	Cross left behind right, right to right, fwd on left

**At the end of the music you will finish on step 6 of section 4, just turn 1/4 to the front on steps &5&6**

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