

Put Your Hands Up

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Lilian Lo (HK) - November 2016
音樂: Good To Be Alive - Meghan Trainor : (Single)



Count in: 16 Count Intro (0.10 mins.)

(1 – 8) Cross, Tap, Behind, ¼ Turn, Step, ½ Turn, Suffle

1 2 3 4 Cross RF over LF (1), Tap LF to Side (2), Cross LF behind RF (3), ¼ Turn R stepping RF Fwd (4), @3:00
5 6 7&8 Step LF Fwd (5), ½ Turn R stepping RF in place (6), Step LF Fwd (7), Cross RF behind LF (&), Step LF Fwd (8), @ 9:00

(9 - 16) Pivot ¼ Turn x 2, ¼ Turn, Rock R-L-R, Close

1 2 3 4 Step RF Fwd (1), Pivot ¼ Turn L (2), Step RF Fwd (3), Pivot ¼ Turn L (4), @3:00
5 6 7 8 ¼ Turn L stepping RF to Side and Hip Rocking R-L-R (5, 6, 7), Close LF next to RF (8), @12:00

(17 – 24) Cucarachas, Rock Fwd, Coaster Step

1&2 Step RF to Side Rocking R (1), Transfer weight to LF (&), Close RF next to LF (2), @ 12:00
3&4 Step LF to Side Rocking L (3), Transfer weight to RF (&), Close LF next to RF (4), @ 12:00
5 6 7&8 Step RF Fwd Rocking Fwd (5), Replace on LF (6), Step RF back (7), Close LF next to RF (&), Step RF Fwd (8), @12:00

(25- 32) Step, Cross, ½ Turn, Cross, Replace, Vine

1 2 3 4 Step LF Fwd (1), Cross RF over LF (2), ½ Turn L on RF (3, 4) @ 6:00
5 6 7&8 Cross LF over RF (5), Replace on RF (&), Step LF to Side (6), Cross RF over LF (7), Step LF to Side (8), @6:00

Enjoy!

Last Update - 13th Nov 2016