

# Put Your Hands UP

**COPPER** **KNOB**  
BY STEPHEN

拍數: 64      牆數: 4      級數: Improver  
編舞者: Mathew Sinyard (UK) - April 2020  
音樂: 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](mailto:mat@inlinewedance.co.uk) Website:- [inlinewedance.co.uk](http://inlinewedance.co.uk)

