

Put Your Hands Up

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Put Your Hands up - Forest Blakk



Intro : 16 counts - 3 RESTARTS

Section 1 : CHASE R, BACK ROCK L, RECOVER, CHASE L, BACK ROCK R, RECOVER

1&2 Step RF to R side - LF beside RF - Step RF to R side
3-4 Rock back on LF - Recover on RF
5&6 Step LF to L side - RF beside LF - Step LF to L side
7-8 Rock back on RF - Recover on LF (12h00)

Section 2 : ¼ TURN L CHASE R, BEHIND, SIDE, CROSS SHUFFLE, SIDE ROCK R, RECOVER

1&2 Make ¼ turn L with step RF to R side - LF beside RF - Step RF to R side (9h00)
3-4 Step back on LF - Step RF to R side
5&6 Cross LF over RF - Step RF to R side - Cross LF over RF
7-8 Rock on RF to R side - Recover on LF

Section 3 : CROSS SHUFFLE, ¼ TURN R, SIDE, CROSS, SIDE, BEHIND, ¼ TURN R, SIDE

1&2 Cross RF over LF - Step LF to L side - Cross RF over LF
3-4 Make ¼ turn R with step back on LF - Step RF to R side (12h00)
5&6 Cross LF over RF - Step RF to R side - Cross LF behind RF
7-8 Make ¼ turn R with step RF fwd - Step LF to L side (3h00)

Section 4 : SAILOR STEP R, CROSS, SIDE, COASTER ¼ TURN L, STEP FWD, ½ TURN L

1&2 Cross RF behind LF - Step LF to L side - Step RF to R side
3-4 Cross LF over RF - Step RF to R side
5&6 Make ¼ turn L with cross LF behind RF - RF beside LF - Step LF fwd (12h00)
7-8 Step RF fwd - Make ½ turn L (weight on LF) (6h00)

RESTART 2 HERE ON WALL 3 (FACE 9h00)

Section 5 : CHASE R, ¼ TURN L CHASE L, ¼ TURN R CHASE R, ¼ TURN L CHASE L

1&2 Step RF to R side - LF beside RF - Step RF to R side
3&4 Make ¼ turn L with step LF to L side - RF beside LF - Step LF to L side (9h00)
5&6 Make ¼ turn R with step RF to R side - LF beside RF - Step RF to R side (12h00)
7&8 Make ¼ turn L with step LF to L side - RF beside LF - Step LF to L side (3h00)

Section 6 : R KICK BALL POINT, L KICK BALL POINT, SAILOR STEP ¼ TURN R, CROSS, SIDE, HEEL

1&2 Kick RF fwd - RF beside LF on ball - Point LF to the L
3&4 Kick LF fwd - LF beside RF on ball - Point RF to the R
5&6 Make ¼ turn R with cross RF behind LF - Step LF to L side - Step RF to R side (6h00)
7&8 Cross LF over RF - Step RF to R side - Touch heel L to L side on diagonally

Section 7 : HEEL JACKS, HEEL GRIND ¼ TURN L, COASTER STEP L, HEEL GRIND ¼ TURN R

&1&2 LF beside RF - Touch RF beside LF - Step RF in place - Touch heel L to the L on diagonally
3-4 Heel grind on LF - Make ¼ turn L with step RF to R side (3h00)
5&6 Step back on LF - RF beside LF - Step LF fwd
7-8 Heel grind on RF - Make ¼ turn R with step LF to L side (6h00)

RESTART 1 HERE ON WALL 2 (FACE 3h00)

RESTART 3 HERE ON WALL 5 (FACE 12h00)

Section 8 : COASTER STEP R, STEP LOCK STEP, MAMBO STEP R, BEHIND, ¼ TURN R STEP RF FWD,

STEP LF FWD

- 1&2 Step back on RF - LF beside RF - Step RF fwd
- 3&4 Step LF fwd - Lock RF behind LF - Step LF fwd
- 5&6 Mambo RF fwd - Recover on LF - Step back on RF
- 7&8 Cross LF behind RF - Make $\frac{1}{4}$ turn R with step RF fwd - Step LF fwd (9h00)

REPEAT ENJOY !!!

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