

Put Your Hands Up

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BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Improver
編舞者: Ann-Charlott "Lottie" Hertzman (SWE) - May 2014
音樂: Echa Pa'lla (Manos Pa'rriba) (English Version) - Pitbull



16 count intro

[1-8] □ R & L mambo, R forward, Turn ½ twice

1&2 Rock right to right side, Recover on to left, Step right next to left
3&4 Rock left to left side, Recover on to right, Step left next right
5-6 Step right forward, Turn ½ left
7-8 Step right forward, Turn ½ left

[9-16] □ R & L skate, R shuffle, L & R skate, L shuffle

1-2 Slightly forward skate right, left
3&4 Slightly to right diagonal step right forward, Step left next to right, Step right forward
5-6 Slightly forward skate left, right
7&8 Slightly to left diagonal step left forward, Step right next to left, Step left forward

[17-24] □ R rock step, Turn ¾ right shuffle, L rock step, Turn ½ left shuffle

1-2 Rock right forward, Recover on to left
3&4 Shuffle turn ¾ right stepping right, left, right
5-6 Rock left forward, Recover on to right
7&8 Turn ¼ left step left to left side, Step right next to left, Turn ¼ left step left to left forward

[25-32] □ R jazzbox, L forward, R forward, Hold, Hips R & L

1-2 Cross right over left, Step left back
3-4 Step right to right side, Step left forward
5-8 Step right forward, Hold, Hips sway right forward, left back (weight on left)

Start over and

Have fun on the floor!!!

Contact: lars.lottie@telia.com
