

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
