

Put Your Hands UP

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Count: 64 **Wall:** 4 **Level:** Improver

Choreographer: Mathew Sinyard (UK) April 2020

Music: 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.

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