

# Mind Up

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**Count:** 48

**Wall:** 4

**Level:** Advanced

**Choreographer:** José miguel Belloque Vane (NL) & Jean-Pierre Madge (CH) May 2018

**Music:** Hands Up by Merk & Kremont, ft. DNCE

## Cross, Kick, Jazz Box, Big Step, Together, Kick Ball Step.

- 1-2** Cross R over L (1), Kick L out Raise L arm L side and R arm Up (2),
- 3&** Cross L over R (3), Step R back (&),
- 4&5-6** Step L to L side (4), Step R forward (&), Big Step L forward Bring R fingers under your chin(5), Step R next L with weight With your fingers push your head up (6)
- 7&8** Kick L forward (7), Step L next R (&) Step R forward (8).

## Heel Heel, Pose, Coaster Step, Step Lock Step Step Lock Step Kick ball.

**&1-2<sup>¼</sup> L swivel L heel in (&), ½ L swivel R heel out (1) Step L next R Cross R arm over L arm as you are posing for a picture of gangsters (2)**

- 3&4** Step R back (3), Step L next R (&), Step R forward (4),
- 5&6&** Step L to L diagonal (5), Lock R behind L (&), Step L to L diagonal (6), Step R to R diagonal (&),
- 7&8&** Lock L behind (7), Step R to R Diagonal (&), Kick L forward (8) Step L next R (&).

## Cross, Kick, Jazz Box, Big Step, Together, Kick Ball Step.

- 1-2** Cross R over L (1), Kick L out Raise L arm L side and R arm Up (2),
- 3&** Cross L over R (3), Step R back (&),
- 4&5-6** Step L to L side (4), Step R forward (&), Big Step L forward Bring R fingers under your chin(5), Step R next L with weight With your fingers push your head up (6)
- 7&8** Kick L forward (7), Step L next R (&) Step R forward (8).

## Heel Heel, Pose, Coaster Step, Step Lock Step Step Lock Step Kick ball.

**&1-2<sup>¼</sup> L swivel L heel in (&), ½ L swivel R heel out (1) Step L next R Cross R arm over L arm as you are posing for a picture of gangsters (2)**

- 3&4** Step R back (3), Step L next R (&), Step R forward (4),

**5&6&** Step L to L diagonal (5), Lock R behind L (&), Step L to L diagonal (6), Step R to R diagonal (&),

**7&8&** Lock L behind (7), Step R to R Diagonal (&), Kick L forward (8) Step L next R (&).

**(Restart here on wall 5th facing 12'O clock )**

**Side, Sailor Step Lock  $\frac{1}{4}$ L Step,  $\frac{1}{4}$ L out,  $\frac{1}{2}$ L out,  $\frac{3}{4}$  L and Cross and Cross and Cross**

**1** Step R to R side (1),

**2&3** Cross L behind R (2), Step R to R (&), Step L to L (3),

**&4 $\frac{1}{4}$  L lock R behind L and hitch L knee up (&), Step L forward (4),**

**5-6 $\frac{1}{4}$  L Step R to R side (5),  $\frac{1}{2}$  L Step L to L side (6),**

**&7&8&1 $\frac{1}{4}$  L Step R on place (&), Cross L over R (7),  $\frac{1}{4}$  Step R on place (&), Cross L over R (8),  $\frac{1}{4}$  L Step R on Place (&), Cross L over R (1)**

**Hold, and Lock, Out-Out and Cross, Stomp, Hold, Toe Heel Hitch.**

**2&3** Hold (2) Step R to R side (&), Lock L behind R (3),

**&4** Step R out (&), Step L out (4),

**&5-6** Step R next L (&), Cross L over R (5), Stomp R to R (6)

**7&8&** Hold (7) Swivel R toe in (&), Swivel R heel in (8) Hitch R knee up (&).

**Put your finger in your nose, Smile and Start again!**