

Hands Up and Live Your Life

LINEDANCE.COM

Count: 32 **Wall:** 2 **Level:** Beginner

Choreographer: Donna Manning (Feb 2014)

Music: Echa Pa'lla by Pitbull (there is an English version on YouTube)

48 count intro - NO Tags or Restarts

Sec. 1 (1-8) Hip Bump and Step x4

1&2 Touch ball of R fwd as you bump R hip fwd, back and fwd as you take the weight with R, L arm up on the touch down on the step

3&4 Touch ball of L fwd as you bump L hip fwd, back and fwd as you take the weight with L, R arm up on the touch down on the step

5&6, 7&8 repeat 1-4 (12:00)

(Alternate 1st 8 Toe Heel Struts with Arms Overhead)

1,2,3,4 Touch ball of R, drop heel of R taking weight, Touch ball of L, drop heel of L taking weight, As you do Toe/ Heel Struts closed hands go overhead L on the toe touch and R on the heel

5,6,7,8 Repeat first 4 counts (12:00)

Sec. 2 (9-16) Side, Close, Side, Touch - Repeat

1,2,3,4 **R to R side, Bring L tog. with R, R to R side, Touch L next to R- Waive arms overhead**
L, R, L, L

5,6,7,8 **L to L side, Bring R tog. with L, L to L side, Touch R next to L- Waive arms overhead**
R, L, R, R

or arms in front of chest (12:00)

Sec. 3 (17-24) Rock, Recover, ¼ Turn Triple, Weave, ¼ Turn

1,2, 3&4 **R fwd rock, recover to L, ¼ turn R- R to R side, L together to R, R to R side**

5,6,7,8 Cross L over R, R to R side, L behind R, ¼ turn R stepping R fwd (6:00)

Sec. 4 (25-32) L Salsa basic, R Salsa touch

1,2,3,4 Push off the ball of L fwd, recover to R, Step L to center, clap

5,6,7,8 Push off the ball of the R back, recover to L, touch R next to L, clap (6:00)

HAVE FUN! Please do not alter this step sheet in any way.

If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

Video rights assigned to choreographer. dancinfreedonna@gmail.com

All rights reserved.

Contact: www.dancinfree.com