

Put Your Hands UP

64 Count, 4 Wall, Improver Level Line Dance

Choreographed by: Mathew Sinyard (UK)

Music: Put Your Hands Up – Forest Blakk

Intro: 8 Counts, One Restart



Written In Support of the New  **Reach Out** Initiative

Section 1 Side Strutt, 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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