www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com.

Put Your Hands UP

64 Count, 4 Wall, Improver<br>Choreographed to:-<br>Put Your Hands Up by Forest Blakk<br>Choreographed by: Mathew Sinyard (UK) April 2020<br>Written to support LDF Reach Out Initiative

Remember to Vote for your favourite dances in the Linedancer Charts.
No matter the road, no matter how hard, put your hands up so you know you're not alone.

## 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 $1 / 4$ turn left stepping left forward, brush
Right beside left making another $1 / 4$ turn left.
SECTION 2 CHASSÉ RIGHT, ROCK BACK RECOVER, SIDE HOLD BALL SIDE TOUCH.
$1 \& 2 \quad$ Step right to right side, close left beside right step right to right side.
34 Rock left behind right, recover on right.
56 Step left to left side, hold.
\& 78 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.

12 Rock right to right side, recover on to left making a $1 / 4$ turn left.
3 \& 4 Step forward on right. Close left to right, step forward on right.
56 Rock forward on left, recover on to right.
7 \& $8 \quad$ make a $1 / 4$ turn left stepping left to left side, close right beside left, make a $1 / 4$ turn left Stepping forward on left.

## SECTION 6 STEP HOLD BALL STEP TOUCH, WALK BACK X 3 TOUCH

12 Step forward on right, hold.
\& 34 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.

12 Step right to right side, Hold.
\&34 Step left beside right, step right to right side, touch left beside right.
5-8 Make a $1 / 4$ turn left stepping forward on left, make a $1 / 2$ turn left stepping back on right, make a $1 / 4$ turn left stepping left to left side, touch right beside left.

## SECTION 8 SIDE HOLD BALL SIDE BRUSH, LEFT JAZZ BOX TOUCH.

12 Step right to right side, hold.
\& 34 Step left beside right, step right to right side, brush left beside right.
5-8 Cross left in front of right, step back on right, step left to left side, touch right beside left.
RESTART WALL 3
Restart the dance after section 3
ENDING WALL 7
Wall 7 Dance section 3 but continuing the turn an extra $1 / 4$ to finish facing the front and Reach Out with both arms.

## STYLING OPTION

During the chorus on walls 25 6, when he sings "Put your hands up", put both arms up so we know we're not alone.

Linedance Foundation, Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA. Email: contact@linedancerweb.com www.linedancefoundation.com www.linedancer-radio.com kingshilldanceholidays.com crystalbootawards.com

