

Throw Your Hands Up

64 Count, 4 Wall, Intermediate

Choreographer: Linda Burgess (Aus) Feb 2012

Choreographed to: Throw Your Hands Up by Qwote
(featuring Pitbull & Lucenzo), CD Single

Intro: 48 counts

1-8 SIDE, TOGETHER, SIDE SHUFFLE, L SAILOR, R SAILOR ¼ L

1,2,3&4 Step R to R, step L beside R, shuffle to R side (stepping R,L,R)

5&6,7&8 Step L behind R, step R to R, step L to L, step R behind L, ¼ turn L & step fwd L, step fwd R

9-16 WALK, WALK, MAMBO FWD, SHUFFLE BACK, SHUFFLE BACK

1,2,3&4 Walk fwd L, R, rock/step fwd L, replace weight to R, step back L,

5&6,7&8 Shuffle back R,L,R (turning shoulders to face R45) shuffle back L,R,L

(turning shoulders to face L45)

(optional shake shoulders on walks fwd, & raise arms slightly on shuffles back)

17-24 TOUCH, UNWIND ½, ROCK BACK REPLACE, STEP/HIPS, STEP HIPS

1,2,3,4 Touch R toe back, unwind ½ turn R (keeping weight on L) rock/step back R, replace weight to L

5&6,7&8 Step R fwd & push R hip fwd, push L hip back, push R hip fwd, step fwd L & push L hip fwd,
push R hip back, push L hip fwd (optional- use any fun arms on hip bumps)

25-32 STEP, PIVOT ½, SHUFFLE BACK, STEP BACK, ½ STEP, STEP, PIVOT, STEP

1,2,3&4 Step fwd R, pivot ½ turn L, keep weight on L & turn ½ L & shuffle back R,L,R

5,6,7&8 Step back L, ½ turn R & step fwd R, step fwd L, pivot ½ turn R, step fwd L.

33-40 ROCK FWD & BACK, LOCK SHUFFLE, ROCK FWD & BACK, LOCK SHUFFLE

1,2,3& (lots of hips!!)-Rock/step fwd R, rock back on L, step fwd R, lock/step L behind R, step fwd R

5,6,7&8 (lots of hips!!)-Rock/step fwd L, rock back on R, step fwd L, lock/step R behind L, step fwd L

41-48 STEP PIVOT ¼ L, CROSS SHUFFLE, CROSS SHUFFLE, ¼ L SHUFFLE FWD

1,2,3&4 Step fwd R, pivot ¼ turn L, cross/step R over L, step L to L, cross/step R over L

5&6,7&8 Cross/step L over R, step R to R, cross/step L over R, turn ¼ L & shuffle fwd R,L,R

49-56 SKATE, SKATE, SHUFFLE FWD, STEP, PIVOT ½ L, SHUFFLE FWD

1,2,3&4 Skate fwd L,R, shuffle fwd L,R,L,

5,6,7&8 Step fwd R, pivot ½ turn L, shuffle fwd R,L,R

57-64 STEP, HITCH, BEHIND, SIDE, CROSS, SIDE ROCK, REPLACE, BEHIND, SIDE, CROSS

1,2,3&4 Step fwd L, hitch R, step R behind L, step L to L, cross/step R over L

5,6,7&8 Rock/step L to L, replace weight to R, step L behind R, step R to R, cross/step L over R.

Ending: Wall 7, facing (6.00)-Dance counts 1-14,
then turn ¼ left & shuffle to left side, Stomp R fwd & arms out to sides.