

Hands Up And Live Your Life

32 Count, 2 Wall, Beginner

Choreographer: Donna Manning (USA) Feb 2014)

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

48 count intro

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)

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- Wave 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- Wave arms overhead R, L, R, R
or arms in front of chest (12:00)

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)

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)