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- Section 1 Side, Hold, & 1/4 R, 1/4 R, Side, Hold, & 1/4 R, 1/4 R**
1,2 & Step Right To Right Side, Hold, & Step Left Next To Right
3,4 Turn 1/4 Right Stepping Forward On Right, Turn 1/4 Right Stepping Left To Left Side,
5,6 & 7,8 Repeat Counts 1,2&3,4
- Section 2 Behind, Side, Cross Shuffle, Heel Ball Cross,Rock, Turn 1/4 R**
1,2 Step Right Behind Left, Step Left To Left Side
3 & 4 Cross Right Over Left, Step Left To Left Side, Cross Right Over Left
5 & 6 Touch Left Heel To Left Diagonal, Step Left Next To Right, Cross Right Over left
7,8 Rock Left To Left Side, Recover Weight On Right Turning 1/4 Right
- Section 3 Step Forward L, Hold, & Cross, Back, Side, Hold, & Side Touch**
1,2 & Step Forward On Left, Hold, & Step Right Next To Left
3,4,5,6 Cross Left Over Right, Step Back On Right, Step Left To Left Side, Hold
& 7,8 & Step Right Next To Left, Step Left To Left Side, Touch Right Next To Left
- Section 4 1/4 R, Touch, 1/4 Shuffle Left, 1/2 Shuffle Left, Step Back, Touch**
1,2 Turn 1/4 Right Stepping Right To Right Side, Touch Left Next To Right
3 & 4 Step Left 1/4 Turn Left, Step Right Next To Left, Step Forward Left
5 & 6 Turn 1/2 Left Stepping Back On Right, Step Left Next To Right, Step Back On Right
7,8 Step Back On Left, Touch Right Next To Left
- *****(Restart Walls 2 & 6)**
- Section 5 Side, Hold, & Side, Together, Side, Hold, & Side, Hook, 1/4 Turn Left**
1,2 & Step Right To Right Side, Hold, & Step Left Next To Right
3,4,5,6 Step Right To Right side, Step Left Next To Right, Step Right To Right Side, Hold
& 7,8 & Step Left Next To Right, Step Right To Right Side, Hook Left Over Right Turning 1/4 Left
- Section 6 Step Forward L, Turn 1/2 L, 1/2 Shuffle Turn L, Cross Samba, Cross, Back**
1,2 Step Forward On Left, Turn 1/2 Left Stepping Back On Right
3 & 4 Turn 1/2 Left Stepping Forward On Left, Step Right Next To Left, Step Forward On Left
5 & 6 Cross Right Over Left, Rock Left To Left Side, Recover On Right
7,8 Cross Left Over Right, Step Back On Right
- Section 7 Step Back L, Hold, & Step Back L, R, L, Hold, & Step Back L, Step Forward R**
1,2 & Step Back On Left, Hold, & Step Right Next To Left
3,4,5,6 Step Back On Left, Step Back On Right, Step Back On Left, Hold
& 7,8 & Step Right Next To Left, Step Back On Left, Step Forward On Right
- Section 8 Side-Drag, Cross Samba, Samba 1/4 L, Walk Forward R, Walk Forward L**
1,2 Step Forward Left Diagonal On Left, Drag Right Towards Left
3 & 4 Cross Right Over Left, Rock Left To Left Side, Recover On Right
5 & 6 Cross Left Over Right, Rock Right To Right Side Turning 1/4 Left, Recover On Left
7,8 Walk Forward On Right, Walk Forward On Left

Begin Again

Note: When Stooshe sings "Put Your Hands Up" raise both hands up at face level with palms facing forwards. (Optional)

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