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## Gloves Up

48 Count 2 Wall High Intermediate Level Dance.
Choreographed by: Emma Carroll (UK) \& Melanie Dale (UK) Mar 2021
Choreographed to: Gloves Up by Little Mix
Intro: 16 Counts. Start on vocal at approx 11 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

## SEC 1 POINT, FULL TURN, ROCK \& CROSS \& BEHIND, POP, BACK ROCK FORWARD ROCK

1-2 Point right foot out to right side, full turn right crossing right foot over left
3\&4\&5 Rock left foot out to left side, recover weight onto right
4\&5 Cross left foot over right, step right foot to right side, cross left foot behind right sweeping right foot from front to back
$6 \quad$ Step weight back onto right foot popping left knee forward
7\&8\& Rock left foot back, recover weight onto right, rock left foot forward, recover weight onto right
SEC $2 \frac{1}{4}$ SIDE, BEHIND $1 / 4$, ROCK RECOVER, RUN RUN DRAG, COASTER LEFT LOCK LEFT
1-2\& $\quad 1 / 4$ turn left stepping left foot to left side, cross right foot behind left, $1 / 4$ turn left stepping left foot forward (6:00)
$3 \& 4$ Rock right foot forward, recover weight back onto left,
4\&5 Run back right, run back left, run back right dragging left heel towards right foot
6\& Step left foot back, step right foot next to left
7\&8 Step left foot forward, lock right foot behind left, step left foot forward
SEC 3 TOUCH HITCH, STEP RIGHT, STEP $1 / 2$ STEP $1 \not 22$, SIDE BACK ROCK, $1 / 2$ TURN TOGETHER TURN TOGETHER
\&1-2 Touch right toe next to left foot, hitch right knee up rising onto ball of left foot, step right foot forward
3\&4\& Step left foot forward, pivot $1 / 2$ turn right (weight right), step left foot forward, pivot $1 / 2$ turn right (weight right) (6:00)
5-6\& Step left foot to left side, rock right foot behind left, recover weight onto left foot
$7 \& \quad 1 / 4$ turn right stepping right foot forward, step left foot next to right (9:00)
8\& $\quad 1 / 4$ turn right stepping right foot forward, step left foot next to right (12:00)
SEC 4 TURN SWEEP, CROSS BACK BACK, BEHIND SIDE, CROSS ROCK RECOVER BALL STEP $1 ⁄ 2$ TURN TOGETHER
$1 \quad 1 / 4$ turn right stepping right foot forward sweeping left foot from back to front
$2 \& 3 \quad$ Cross left foot over right, turn $1 / 8$ to left stepping right foot back, step left foot back (1:30)
4\& Step right foot back, turn $1 / 8$ to left stepping left foot to left side (12:00)
5-6\& Cross rock right foot over left, recover weight onto left foot, step right foot next to left
$7-8 \& \quad$ Step left foot forward, pivot $1 / 2$ turn right (weight right), step left foot next to right (6:00)

Restart Here on Walls $2 \& 3$. On Wall 2 dance the Tag before restarting the dance

## SEC 5 SIDE, BACK ROCK SIDE, BEHIND $1 / 4$, STEP $1 \not 22$ TURN, STEP 114 TURN

1-2\& Step right foot to right side, cross rock left foot behind right, recover weight onto right foot
3-4\& Step left foot to left side, cross right foot behind left, $1 / 4$ turn left stepping left foot forward (3:00)
5-6 Step right foot forward, pivot $1 / 2$ turn left (weight left) $(9: 00)$
7-8 Step right foot forward, pivot $1 / 4$ turn left (weight left) ( $6: 00$ )

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## SEC 6 SIDE, BEHIND ¼, STEP ¼ TURN, SIDE ROCK BALL SIDE ROCK TOUCH

1-2\& Step right foot to right side, step left foot behind right, $1 / 4$ turn right stepping right foot forward ( $9: 00$ )
3-4 Step left foot forward, pivot $3 / 4$ turn right (weight right) (6:00)
5-6\& Rock left foot out to left side, recover weight onto right foot, step left foot next to right
$7 \& 8$ Rock right foot out to right side, recover weight onto left foot, touch right foot next to left
Tag During Wall 2 after 32 counts add 16 count tag and RESTART the dance
After Wall 4 dance 16 count tag TWICE and finish with the dance ending
SEC 1 STEP FLICK, STEP FLICK, OUT OUT IN IN, STEP TOUCH, STEP TOUCH, RUN RUN RUN KICK
1\&2\& Step right foot to right side, flick left foot behind right, step left foot to left side, flick right foot behind left
3\&4\& Step right foot out to right side, step left foot out to left side, step right foot in towards left foot, step left foot next to right
Arms Bring right arm up in front of face with fist clenched and elbow pointing down Bring left arm up next to right the same way
5\&6\& Step right foot towards right diagonal angling body towards 10:30, touch left foot next to right,
6\& step left foot towards left diagonal angling body towards 1:30, touch right foot next to left
Arms Keep arms in front of face for counts 5\&6\&
7\&a8 Run forward right straightening body back to 12:00, run forward left, run forward right, kick left foot forward
Arms Keep arms in front of face for counts 7\&a, Punch right fist forward as you kick your left foot forward

## SEC 2 BACK KICK, BACK KICK, BACK TOGETHER, CROSS SIDE, POINT TOGETHER, POINT TOGETHER, ROCK RECOVER TOGETHER

1\&2\& Step back left (dropping arms), kick right foot forward, step back right, kick left foot forward
3\&4\& Step back on left foot, step right foot next to left, cross left foot over right, step right foot to right side
Arms Bring both arms up in front of face with fists clenched and elbows pointing down as you step your right foot to right side
5\& Point left foot to left side angling body toward 10:30, step left foot next to right straightening body to 12:00
6\& Point right foot out to right side angling body to 1:30, step right foot next to left straightening body up to 12:00
Arms Punch left fist forward as you point left foot, bring left fist back in front of face as you bring left foot in, Punch right fist forward as you point right toe, bring right fist back in front of face as you bring right foot in
7\&8 Rock left foot forward (dropping arms), recover weight onto right foot, step left foot next to right

Ending: At the end of the last tag step right foot to right side on \& count and lift both fists in front of face (Gloves Up!)

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