

# Mind Up



**Count:** 48

**Wall:** 4

**Level:** Easy Advance

**Choreographer:** José Miguel Belloque Vane & Jean-Pierre Madge (May 2018)

**Music:** Hands Up by Merk & Kremont feat DNCE

## **Cross, Kick, Jazz Box, Big Step, Together, Kick Ball Step.**

- 1-2 Cross R over L (1), Kick L out *Raise L arm L side and R arm Up* (2),  
3& Cross L over R (3), Step R back (&),  
4&5-6 Step L to L side (4), Step R forward (&), Big Step L forward *Bring R fingers under your chin*(5), Step R next L with weight *With your fingers push your head up* (6)  
7&8 Kick L forward (7), Step L next R (&) Step R forward (8).

## **Heel Heel, Pose, Coaster Step, Step Lock Step Step Lock Step Kick ball.**

- &1-2 ¼ L swivel L heel in (&), ½ L swivel R heel out (1) Step L next R *Cross R arm over L arm as you are posing for a picture of gangsters* (2)  
3&4 Step R back (3), Step L next R (&), Step R forward (4),  
5&6& Step L to L diagonal (5), Lock R behind L (&), Step L to L diagonal (6), Step R to R diagonal (&),  
7&8& Lock L behind (7), Step R to R Diagonal (&), Kick L forward (8) Step L next R (&).

## **Cross, Kick, Jazz Box, Big Step, Together, Kick Ball Step.**

- 1-2 Cross R over L (1), Kick L out *Raise L arm L side and R arm Up* (2),  
3& Cross L over R (3), Step R back (&),  
4&5-6 Step L to L side (4), Step R forward (&), Big Step L forward *Bring R fingers under your chin*(5), Step R next L with weight *With your fingers push your head up* (6)  
7&8 Kick L forward (7), Step L next R (&) Step R forward (8).

## **Heel Heel, Pose, Coaster Step, Step Lock Step Step Lock Step Kick ball.**

- &1-2 ¼ L swivel L heel in (&), ½ L swivel R heel out (1) Step L next R *Cross R arm over L arm as you are posing for a picture of gangsters* (2)  
3&4 Step R back (3), Step L next R (&), Step R forward (4),  
5&6& Step L to L diagonal (5), Lock R behind L (&), Step L to L diagonal (6), Step R to R diagonal (&),  
7&8& Lock L behind (7), Step R to R Diagonal (&), Kick L forward (8) Step L next R (&).

( restart here on wall 5<sup>th</sup> facing 12'O clock )

## **Side, Sailor Step Lock ¼L Step, ¼L out, ½L out, ¾ L and Cross and Cross and Cross**

- 1 Step R to R side (1),  
2&3 Cross L behind R (2), Step R to R (&), Step L to L (3),  
&4 ¼ L lock R behind L and hitch L knee up (&), Step L forward (4),  
5-6 ¼ L Step R to R side (5), ½ L Step L to L side (6),  
&7&8&1 ¼ L Step R on place (&), Cross L over R (7), ¼ Step R on place (&), Cross L over R (8), ¼ L Step R on Place (&), Cross L over R (1)

## **Hold, and Lock, Out-Out and Cross, Stomp, Hold, Toe Heel Hitch.**

- 2&3 Hold (2) Step R to R side (&), Lock L behind R (3),  
&4 Step R out (&), Step L out (4),  
&5-6 Step R next L (&), Cross L over R (5), Stomp R to R (6)  
7&8& Hold (7) Swivel R toe in (&), Swivel R heel in (8) Hitch R knee up (&).

Put your finger in your nose, Smile and Start again !