

Mind Up



Count: 48

Wall: 4

Level: Advanced

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

Music: Hands Up by Merk & Kremont, ft. 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 5th 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!