

Put 'em Up by Soulico
Choreography Natasya Katsikaris & Nancy Flint ©2010

Intro: side 1-2 walk w/ half-turns
4 cts hip bumps arms 3rd
8 cts camp fire combo hands cross → beledi 3rd
4 cts hip bumps front → back
16 cts diagonal pot step combo arms 1st → 5th → 5th → 2nd → 1st

Verse 1 (72 cts / 9 measures): 0:44

8 cts down triplet shimmy w/ hip slide
8 cts Egyptian kitty paws
8 cts Elesheva turn
16 cts Sherrie's 1-2 walk (placeholder)
8 cts Arabic shimmy → 5th arms
8 cts Arabic shimmy turn step
12 cts Ayse jazz pivot combo
4 cts spotting spins (2 spins)
4 cts BREAK → arms sweep up center 1st → 5th w/ rollup

Refrain (32 cts) 1:22

4 cts hip bumps arms 3rd
8 cts camp fire combo hands cross → beledi 3rd
4 cts hip bumps front → back
16 cts diagonal pot step combo arms 1st → 5th → 5th → 2nd → 1st
4 cts BREAK → rolldown

0:44 Verse 2 (72 cts): 1:41

4 cts C-walk → 1/4 turn (face each other)
2 cts C-walk variation
2 cts 3/4 turn to front
8 cts Capoiera combination
4 cts Shoulder hit combo
2 cts jump to gundance combo opposition pose
2 cts gundance combo opposition pose (other side)
4 cts gundance combo circle →
2 cts body wave (face each other)
2 cts turn to front → pose
16 cts zigzag
8 cts Sigil campfire
8 cts Sigil grapevine
8 cts Anasama #4-2 arm-hip combo
4 cts BREAK rollup

Refrain (32 cts)

2:21

- 4 cts hip bumps arms 3rd
- 8 cts camp fire combo hands cross → beledi 3rd
- 4 cts hip bumps front → back
- 16 cts dialgonal pot step combo arms 1st → 5th → 5th → 2nd → 1st
- 4 cts BREAK → rolldown

Verse 3 (64 cts / 8 measures):

2:39

- 8 cts down triplet shimmy w/ hip slide
- 8 cts Egyptian kitty paws
- 8 cts Elesheva turn
- 8 cts Sherrie's 1-2 walk (placeholder)
- 8 cts Arabic shimmy → 5th arms
- 8 cts Arabic shimmy turn step
- 12 cts Ayse jazz pivot combo
- 4 cts spotting spins (2 spins)
- 4 cts BREAK → arms sweep up center 1st → 5th w/ rollup

Refrain (32 cts)

3:15

- 4 cts hip bumps arms 3rd
- 8 cts camp fire combo hands cross → beledi 3rd
- 4 cts hip bumps front → back
- 16 cts dialgonal pot step combo arms 1st → 5th → 5th → 2nd → 1st

END 3:32