

Mr Put It Down

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Count: 64

Wall: 2

Level: Intermediate / Advanced

Choreographer: Rachael McEnaney -White (UK/USA) and Trevor Thornton (USA) June 2015

Music: "Mr Put It Down" Ricky Martin feat. Pitbull (single - iTunes and all major mp3 websites, approx 3.16mins)

Count In: 18 counts from start of track (hard to count).

Begin on the word "ALL" ("Now first of ALL") (count 5,6,7,8 as he does the "wooooo")

Approx 128 bpm

[1 - 8] Walk L-R, L shuffle, ½ turn L stepping back R sweeping L, L behind, R side, L slide

- 1 2 3&4** Step forward L (1), step forward R (2), step forward L (3), step R next to L (&), step forward L (4) 12.00
- 5 6** Make ½ turn left stepping back on R as you sweep L backwards (5), cross L behind R (6) 6.00
- 7 8** Take big step to right on R (7), slide L towards R (weight on R) (8) 6.00

[9 - 16] L ball, walk R-L, R side ball rock, R cross, ¾ turn R, ¼ turn R with L side-rock cross

- & 1 2 & 3** Step ball of L next to R (&), step forward R (1), step forward L (2), rock ball of R to right side (&), recover weight to L (3) 6.00
- 4 5 6** Cross R over L (4), make ¼ turn right stepping back L (5), make ½ turn right stepping forward R (6) 3.00
- 7 & 8** Make ¼ turn right as you rock L to left side (7), recover weight R (&), cross L over R (8)

Arms option: Punch R arm out to right side (7), punch L arm out to left side (&), bring both arms in bending at elbows chest height (8) 6.00

[17 - 24] R side, L side, ¼ turn R fwd R, ¼ turn R stepping side L, R sailor step, L behind-side-cross

- 1 2 3 4** Step R to right side (1), step L to left side (2), make ¼ turn right stepping forward R (3), make ¼ turn R stepping L to left side (4) 12.00
- 5&6 7&8** Cross R behind L (5), step L next to R (&), step R to right side (6), cross L behind R (7), step R to right side (&), cross L over R (8) 12.00

[25 - 32] R side, L touch, ¼ turn side L, touch R, R heel fwd, L heel fwd, back R-L, Body roll back in place, L hitch

- 1 2 3 4** Take big step R (1), touch L next to R (2), make ¼ turn left stepping L to left side (3), touch R next to L (4) 9.00
- 5&6&** Step forward onto R heel on right diagonal (5), step forward onto L heel on left diagonal (&), step back R (6), step L next to R (&) 9.00
- 7 8** Body roll backwards (from head) in place (7), hitch L knee (8) 9.00

[33 - 40] Close L, side switch point R&L, L ball, R cross, unwind ½ turn L, R jazz box with ¼ R into R chasse

- & 1 & 2** Step L next to R (&), point R to right side (1), step R next to L (&), point L to left side (2), 9.00
- & 3 4** Step in place on ball of L (&), cross R over L (3), unwind ½ turn left (weight ends L) (4) 3.00
- 5 6 7 & 8** Cross R over L (5), make ¼ turn R stepping back L (6), step R to right side (7), step L next to R (&), step R to right side (8) 6.00

[41 - 48] Diagonal rocks x 3, big step back R, L back, hold or bodyroll, R close, L back, look back ½ turn L (prep)

- 1 2 3 4** Rock L forward on diagonal (7.30) (1), rock weight back to R (2), rock L forward (3), push off L and take big step back R (4) 7.30
- 5 6** Step back L (still facing diagonal) as you begin optional body roll (5), hold (or continue body roll) (6) 7.30
- & 7 8** Step R next to L (&), step back L (7), weight remains L as upper body makes ½ turn L (option: snap fingers) (8) body prepped for turn 1.30

[49 - 56] ½ R (to return to 7.30), ¼ R, R sailor making 1/8 turn R, heel switch L-R, R ball, L fwd, ½ pivot R

- 1 2** Make ½ turn right returning weight to R (1), make ¼ turn right stepping L to left side (2), 10.30
- 3 & 4** Cross R behind L (3), step L next to R as you make 1/8 turn right (&), step forward R (4) 12.00
- 5&6&7&8** Touch L heel forward (5), step L next to R (&), touch R heel forward (6), step R next to L (&), step forward L (7), pivot ½ turn right (8) 6.00

[57 - 64] ¼ R with L touch & hip, ¼ R, ¼ R with R touch & hip, ¼ R, L mambo, R coaster step.

- 1 2** Make ¼ turn right touching L toe to left side as you bump hip left (1), make ¼ turn right stepping slightly back L (2) 12.00
- 3 4** Make ¼ turn right touching R toe to right side as you bump hip right (3), make ¼ turn right stepping slightly forward R (4) 6.00
- 5&6 7&8** Rock forward L (5), recover weight R (&), step slightly back L (6), step back R (7), step L next to R (&), step forward R (8) 6.00

START AGAIN - HAVE FUN 😊

Rachael: www.dancewithrachael.com - dancewithrachael@gmail.com

Trevor: <https://www.facebook.com/FasterSmootherDance> - trevort17@yahoo.com