

# Hands Up

Count: 32

Wand: 4

Ebene: Beginner WCS

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Musik: HANDS UP (feat. pH-1) - Henry



## [1-8] Forward Rock & Recover, Backward X3, Backward Rock & Recover, Diagonal Forward Step With Knee Out, Touch (L&R)

1 2 RF Step forward, LF Recover  
3&4 RF Step backward, LF Step backward, RF Step backward  
5 6 LF Step backward, RF Recover,  
7 & LF Step diagonal forward L knee out, RF Touch together knee in  
8 & RF Step diagonal forward R knee out, LF Touch together knee in

## [9-16] Forward Rock & Recover, 1/2 Turn L, 1/2 Turn L, Backward Rock & Recover, Side Step, 1/8 Turn L Jumping X2

1 2 LF Step forward, RF Recover  
3 4 LF 1/2 Turn L Step forward, RF 1/2 Turn L Step backward  
5 6 LF Step backward, RF Recover  
7&8 LF Step L, RF 1/8 Turn L Step together with BF jump, BF 1/8 Turn L jump (9:00)

## [17-24] Heel Touch Switich, Side big Step Touch (R & L)

1&2& RF Touch heel forward, RF Step together, LF Touch heel forward, LF Step together  
3 4 RF Step R side big, LF Touch together  
5&6& LF Touch heel forward, LF Step together, RF Touch heel forward, RF Step together  
7 8 LF Step L side big, RF Touch together

## [25-32] Step Touch X2, Diagonal Forward Step Touch X4

1234 RF Step R, LF Touch L, LF Step L, RF Touch R \*You can do hip circles in 1~4count  
5&6& RF Step diagonal forward R, LF Touch together, LF Step diagonal forward L, RF Touch together  
7&8& RF Step diagonal forward R, LF Touch together, LF Step diagonal forward L, RF Touch together

## [TAG] Forward Rock & Recover and Body Roll

1-4 RF Step forward, LF Recover, RF Step forward, LF Recover

Last Update - 9 Dec 2020