

Hands On Me

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Ann-Kristin Bekkeli-Sandvold (NOR) - April 2024

Musik: Hands On Me (feat. Meghan Trainor) - Jason Derulo



Intro: 32 counts after the beat (aprox 20 sec)

Section 1 (1-8): V step x2

- 1-2 Step RF to right diagonal - Step LF to left diagonal
- 3-4 Step RF back to center - Step LF next to RF
- 5-8 Repeat 1-4

Section 2 (9-16): Side together, side right, Side together, side left

- 1-4 Step RF to right side - Step LF next to RF - Step RF right - Touch LF next to RF
- 5-8 Step LF to left side - Step RF next to LF - Step LF left - Touch RF next to LF

Section 3 (17-24): Right vine whit touch, left vine whit ¼ turn left

- 1-2 Step RF to right - Cross LF behind RF
- 3-4 Step RF to right - Touch LF next to RF
- 5-6 Step LF to left - Cross RF behind LF
- 7-8 Turn ¼ to left and step forward on LF - Touch RF next to LF

Option; count 5-8 Rolling vine left with ¼ turn left

- 5-6 Turn ¼ left when stepping forward onto LF - Turn ½ left when stepping RF back
- 7-8 Turn ¼ left when stepping LF forward - Touch RF next to LF

Section 4 (25-32): Jazzbox, jump right, jump left

- 1-4 Cross RF over LF - Step LF back - Step RF to right side - Step LF next to RF
- &5-6 Jump RF right - Touch LF next to RF - Hold
- &7-8 Jump LF left - Touch RF next to LF - Hold

We hope you'll enjoy it! And please take care and stay safe ☐

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