

# Hands Up, Hands Down

Count: 40

Wand: 4

Ebene: Improver

Choreograf/in: Nedra Simmons & Jackie Lewis (USA)

Musik: Keep Your Hands to Yourself - The Georgia Satellites



## GRAPEVINE RIGHT, GRAPEVINE LEFT

- 1-4 Step right with right, step behind with left, step to right side touch with left  
5-8 Step left with left, step behind with right, step to left side touch with right

## CROSS HOLD, CROSS HOLD, CROSS ROCK STEP ½ TURN TO THE LEFT, SHUFFLE FORWARD

- &1-2 Cross left over right and hold  
&3-4 Step right with right, cross left over right and hold  
&5-6 Step right with right, cross left over right, rock back on right  
7&8 ½ Turn to the left, shuffle left, right, left

## KICKBALL CHANGE, KICKBALL CHANGE, CROSS UNWIND ¾ TURN TO THE LEFT, ROCK STEP

- 1&2 Kick right forward, step on ball of right, change weight to left  
3&4 Kick right forward, step on ball of right, change weight to left  
5-6 Step right across in front of left, unwind ¾ turn left  
7-8 Step back left, rock forward with right

## VAUDEVILLE STEPS

- 1&2 Cross left over right, step right slightly to right, touch left heel diagonally forward to left  
3&4 Step left slightly back, cross right over left, step left slightly to left, touch right heel diagonally forward to right  
5&6 Step right slightly back, cross left over right, step right slightly to right, touch left heel diagonally forward to left  
7&8 Step left slightly back, cross right over left, step left slightly to left, touch right heel diagonally forward to right

## STEP HOLD, STEP HOLD, STEP ROCK FULL TURN TO THE LEFT, SHUFFLE FORWARD

- &1-2 Step forward right, left hold  
&3-4 Step right behind left, step forward left hold  
&5-6 Step right behind left, step forward left, step right forward making ½ pivot turn to the left  
7&8 Pivot ½ to the left, shuffle left, right, left

## REPEAT

Variations for the 1st 8 counts:

### OPTION 1: VINE RIGHT WITH A CROSS ROCK, GRAPEVINE LEFT

- 1-2 Step right to right, step behind with left  
&3-4 Step right to right, cross left over right, step right to right  
5-8 Step left with left, step behind with right, step to left side touch with right

### OPTION 2: VINE RIGHT WITH A CROSS ROCK, GRAPEVINE LEFT, VINE LEFT WITH SYNCOPATED RIGHT HEEL TOUCH

- 1-2 Step right to right, step behind with left  
&3 Step right to right, cross left over right in a rock motion  
&4 Step right down, touch left heel diagonally forward to left  
&5 Step left slightly back, cross right over left  
6-7 Step left to left, step behind with right  
&8 Step left to left, touch right heel diagonally

