

Hands on Me

Count: 32

Wall: 4

Level: Beginner

Choreographer: Willie Brown (SCO) - October 2023

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



Intro; On the word 'girl' (32 counts from first beat)

NO tags & NO restarts!

SECTION 1 – STEP, SWEEP, WEAWE, SWEEP, BEHIND, SIDE

- 1,2 Step forward on Right, sweep Left from back to front
- 3,4 Cross Left over Right, step Right to Right side
- 5,6 Cross Left behind Right, sweep Right from front to back
- 7,8 Cross Right behind Left, step Left to Left side

SECTION 2 – STEP, KICK, BACK-SIDE- ¼ TURN, KICK, COASTER STEP

- 1,2 Turning 1/8 Left to Left diagonal step forward on Right, kick Left forward
- 3,4 Step back on Left, squaring up to front wall step Right to Right side
- 5,6 Turning 1/8 Right to Right diagonal step forward on Left, kick Right forward
- 7,8 Step back on Right, squaring up to front wall close Left beside Right
- 1 Step forward on Right

SECTION 3 – HOLD, ¼ PIVOT CROSS, HOLD, SIDE, BEHIND

- 2 Hold 1 count
- 3,4 Step forward on Left, pivot ¼ Right taking weight on Right [3]
- 5,6 Cross Left over Right, hold 1 count
- 7,8 Step Right to Right side, cross Left behind Right

****Extra turn option below**

SECTION 4 – SIDE, DRAG, BACK ROCK, SWAY, HOLD, SWAY x2

- 1,2 Step Right to Right side, drag Left towards Right (no weight)
- 3,4 Rock back on Left, recover weight on Right
- 5,6 Stepping Left to Left side sway hips to Left, hold 1 count
- 7,8 Swap hips to Right, sway hips to Left (ensure weight is on Left)

****Whilst this a beginner level dance I've added the option of an extra full turn for more experienced dancers during counts 7&8 of Section 3 leading into counts 1&2 of Section 4**

FULL 'ROLLING' TURN

- 7 Turn ¼ Left and step back on Right
- 8 Turn ½ Left and step forward on Left
- 1 Turn ¼ Left and step Right to Right side

Then continue with the 'drag' for count 2 as before