

Hands Up Baby Hands Up! (大家心連心) (zh)

COPPER KNOB
STEPSHEETS

Compte: 48

Mur: 4

Niveau: Improver

Chorégraphe: Louise Elfvengren (NOR) - 2010年01月

Musique: Hands Up - Ottawan



前奏： Start at vocals “Hands up” 唱歌起跳

第一段 Rock Fw Rec. Shuffle Bw, Rock Bw Rec. Shuffle Fw 下沉 回復, 後交換, 後下沉 回復, 前交換

- 1-2 Rock right forward, recover onto left. 右足前下沉, 左足回復
3&4 Step right back, step left beside right, step right back.
右足後踏, 左足併踏, 右足後踏
5-6 Rock back on left, recover onto right. 左足後下沉, 右足回復
7&8 Step left forward, step right beside left, step left forward
左足前踏, 右足併踏, 左足前踏

第二段 Step Turn ½ Left, Shuffle Fw, Walk Bw, Coaster Step 踏 轉, 前交換, 後走 走, 海岸步

- 1-2 Step right forward, turn ½ left stepping forward on left.
右足前踏, 左轉180度左足前踏
3&4 Step forward on right, step left beside right, step forward on right. 右足前踏, 左足併踏, 右足前踏
5-6 Walk back left, right. 後走步-左, 右
7&8 Step left back, step right next to left, step forward on left.
左足後踏, 右足併踏, 左足前踏

第三段 Walk X2, Lock Step, Step, Turn ¼ Right With Flick, Kick Ball Change 走 走, 前鎖步, 踏 右1/4帶抬, 踢併踏

- 1-2 Walk forward right, left. 前走步-右, 左
3&4 Step forward right, lock left behind, step forward on right.
右足前踏, 左足後鎖踏, 右足前踏
5-6 Step forward left, turn ¼ right kicking your right leg back and up
左足前踏, 右轉90度右足後抬
7&8 Kick right forward, step down on right, step down on left.
右足前踢, 右足踏, 左足踏

第四段 Rock Fw, ½ Triple Turn Right Bw, Heel Hook, Chasse Left 下沉 回復, 小三步轉, 踵 勾, 左追步

- 1-2 Rock right forward, recover onto left. 右足前下沉, 左足回復
3&4 ½ triple turn right stepping right-left-right.
小三步右轉180度-右, 左, 右
5-6 Left heel forward, hook left foot in front of right.
左足踵前點, 左足於右足前勾
7&8 Step left to left side, step right next to left, step left to left side. 左足左踏, 右足併踏, 左足左踏

第五段 Heel Hook, Chasse Right, Rock Fw, Coaster Step 踵 勾, 右追步, 下沉 回復, 海岸步

- 1-2 Right heel forward, hook right foot in front of left.
右足踵前點, 右足於左足前勾
- 3&4 Step right to right side, step left next to right, step right to right side. 右足右踏, 左足併踏, 右足右踏
- 5-6 Rock left forward, recover onto right. 左足前下沉, 右足回復
- 7&8 Step left back, step right beside left, step forward left.
左足後踏, 右足併踏, 左足前踏

第六段 Rocking Chair, Full Turn Walking 搖椅步, 走步轉圈

- 1-4 Rock right forward, recover onto left, rock right back, recover onto left 右足前下沉, 左足回復, 右足後下沉, 左足回復
- 5-8 Turn left, walking full turn right-left-right-left.
以四走步左轉圈-右, 左, 右, 左
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