Hands Up



Compte: 48 Mur: 1 Niveau: Beginner - Line and Wheelchair

Chorégraphe: Sonja Hemmes (USA) - March 2018

Musique: Hands Up - Ottawan



Start after 48 Counts

*While this dance was choreographed for people in wheelchairs, it is fun for all dancers

COASTER FORWARD

1-2 Step right forward, step left forward next to right
3-4 Step right back, step left back next to right
5-6 Step right forward, step left forward next to right
7-8 Step right back, step left back next to right
Styling: Each time you step forward, raise both hands up
Each time you step back, lower your hands

STEP TOUCHES TO THE SIDE

Step right to right side, touch left next to right
Step left to left side, touch right next to left
Step right to right side, touch left next to right
Step left to left side, touch right next to left

Styling: -

Each time you step touch to the right, sway hands to the right Each time you step touch to the left, sway hands to the left

COASTER FORWARD

1-8 Repeat steps 1-8 Coaster Forward and repeat styling

STEP TOUCHES TO THE SIDE

1-8 Repeat steps 9-16 Step Touches to the Side and repeat styling

STEP TOUCHES FORWARD, BACK DIAGONALLY (K-STEP)

1-2	Step right forward diagonally, touch left next to right
3-4	Step left back diagonally, touch right next to left
5-6	Step right back diagonally, touch left next to right
7-8	Step left forward diagonally, touch right next to left

VINE RIGHT, VINE LEFT WITH TOUCHES

Step right to the right, step left behind right, step right to the right, left touch
Step left to left side, step right behind left, step left to left side, right touch

TAG: At the end of the 6th rotation, there is an 8 count tag. Repeat vine right, vine left with touches. RESTART: After the tag, dance counts 1-32. Restart and dance counts 1-32 again