

# Hands on Me

**Compte:** 32

**Mur:** 4

**Niveau:** High Beginner

**Chorégraphe:** Asbare Bare (INA) - November 2023

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



## NO TAG, NO RESTART

### I. TOE TOUCH, SWIVEL, FORWARD, TOE TOUCH BEHIND, BACK, HOOK

- 1 – 2 Touch R toe forward with bending R knee inside, Swivel R toe with knee outside
- 3 – 4 Swivel R toe with R knee inside, Swivel R toe with knee outside
- 5 – 6 Step Rf forward, Touch L toe Lf behind Rf
- 7 – 8 Step Lf backward, Hook Rf with bending knee cross over Lf

### II. FORWARD, ¼ TURN L, FORWARD, TOUCH, BACK, TOE TOUCH, FORWARD, HITCH

- 1 – 2 Step Rf forward, ¼ turn L weight on Lf (09.00)
- 3 – 4 Step Rf forward, Touch L toe to left side
- 5 – 6 Step Lf backward, Touch R toe to right side
- 7 – 8 Step Rf forward, Lift L knee

### III. WEAVE, ROCK CROSS

- 1 – 2 Cross Lf over Rf, Step Rf to right side
- 3 – 4 Cross Lf behind Rf, Sweep Rf from front to back
- 5 – 6 Cross Rf behind Lf, Step Lf to left side
- 7 – 8 Rock cross Rf over Lf, Recover on Lf

### IV. HIP BUMP, ¼ PIVOT TWICE

- 1 & 2 Step Rf to right side and bump R hip, Bump hip LR
  - 3 & 4 Bump hip LRL
  - 5 – 6 Step Rf forward, ¼ turn L weight on Lf (06.00)
  - 7 & 8 Step Rf forward, ¼ turn L weight on Lf (03.00)
-