

# Hands On Me AB

**Compte:** 32

**Mur:** 4

**Niveau:** Absolute Beginner / Beginner



**Chorégraphe:** Annemaree Sleeth (AUS) - March 2024

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

**Split Floor to Harder Dances**

**No Tags Or Restarts**

**Written for the New Dancers at Sherbrooke U3a**

**This can be a 1 wall dance for brand new beginners or 4 wall**

**Intro: Counts 20 Seconds In Word Girl Dance Rotates Ccw**

## **S1 [1 – 8] SIDE, TOGETHER, FORWARD, TOUCH X 2**

- 1 – 2 Step Right Side, Step Left Together
- 3 – 4 Step Right Forward, Touch Left Beside Right
- 5 – 6 Step Left Forward, Step Right Beside Left
- 7 – 8 Step Left Forward, Touch/Brush Right Beside Left

## **S2 [9 – 16], ROCKING CHAIR, SIDE, HOLD, BACK, RECOVER**

- 1– 2 Rock Right Forward, Recover Left
- 3 – 4 Rock Right Forward, Recover Left
- 5 – 6 Large Step Slide Right Side, Hold
- 7 – 8 Rock Right Behind Left, Recover Right

## **S3 [17 -24] VINE ¼ L, KICK, SIDE, KICKS x 2**

- 1 – 2 Step Left Side Right, Cross Left Slightly Behind Right
- 3 – 4 Step Left ¼ Forward, Kick Right Across Left (9.00)
- 5 – 6 Step Right Side, Kick Left Across Right
- 7 – 8 Step Left Side, Kick Right Across Left

## **S4 [25 – 32] SINGLE HIPS, DOUBLE HIPS/KNEE POPS**

- 1 – 2 Step Right Side Push Hips Right, Hold
- 3 – 4 Push Hips Left, Hold
- 5 – 6 Push Hips Right, Then Left
- 7 – 8 Push Hips Right Then Left Or Knee Pops

### **Harder Option Styling**

- 5 – 6 Wiggle Down Right Left Then
- 7 – 8 Wiggle Up Right Left Then

**Finishes to the front**

**Watch The Video on annemaree sleeth Youtube**

**Email- [inlinedancing@gmail.com](mailto:inlinedancing@gmail.com)**

**Last Update: 29 Feb 2024**