

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

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Last Update: 29 Feb 2024