

Hands On Me

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Cameron Stuart (USA) - April 2024

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



Intro: 32 Counts From Start Of Instrumental

[1-8]: TWIST RIGHT, HITCH, TWIST LEFT, HITCH

- 1-2 1)Twist both heels R, 2)Twist both toes R
- 3-4 3)Twist both heels R switching weight to R, 4)Hitch L knee
- 5-6 5)Step L down and twist both heels L, 6)Twist both toes L
- 7-8 7)Twist both heels L switching weight to L, 8)Hitch R knee

[9-16]: ROCK BEHIND, RECOVER, SHUFFLE RIGHT, ROCK BACK, RECOVER W/ 1/4 TURN LEFT, SHUFFLE FORWARD

- 1-2 1)Rock R behind L, 2)Recover on L
- 3&4 3)Step R to R side, &)Step L next to R, 4)Step R to R side
- 5-6 5)Rock L behind R, 6)Recover on R while making a 1/4 turn L
- 7&8 7)Step forward on L, &)Step R next to L, 8)Step forward on L

[17-24]: ROCKING CHAIR, JAZZ BOX

- 1-2 1)Rock forward on R, 2)Recover on L
- 3-4 3)Rock back on R, 4)Recover on L
- 5-6 5)Cross R over L, 6)Step back on L
- 7-8 7)Step R to R side, 8)Step L next to R

[25-32]: K-STEP

- 1-2 1)Step R to R diagonal, 2)Touch L next to R
 - 3-4 3)Step L back to L diagonal, 4)Touch R next to L
 - 5-6 5)Step R back to R diagonal, 6)Touch L next to R
 - 7-8 7)Step L to L diagonal, 8)Touch R next to L
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