

Hands Up

Compte: 96

Mur: 1

Niveau: Beginner

Chorégraphe: Montse Bou (ES) - 15 August 2024

Musique: Hands Up (Give Me Your Heart) - Ottawan



INTRO 32 Counts: STEP TOUCHES TO THE SIDE

- 1-2 Step right to right side, touch left next to right
- 3-4 Step left to left side, touch right next to left
- 5-8 Repeat 1-4
- 9-12 Move both arms as if you were swimming (breaststroke style)
- 13-16 Repeat 9-12
- 17-32 Repeat 1-16

HANDS UP FWD & BACK

- 1-2 R-foot back and wave both hands twice up in the air above head
- 3-4 Bring hands twice down
- 5-8 Repeat 1-4

POINT HANDS FWD & HEART BEATING MOV.

- 9-10 Step right-foot to the right and point twice hands forward, Index fingers pointing forwards
- 11-12 Place hands twice on left shoulder with heart beating movement.
- 13-16 Repeat 9-12
- 17-32 Repeat 1-16

WEIGHT L-FOOT: L-ARM + CLAPS

WEIGHT R-FOOT: R-ARM + CLAPS

- 33-36 Weight on L-Foot (every mov.= 2 counts)
- Stretch the left arm, carry the right arm to the left and clap.**
- Return right arm to the side**
- 37-40 Repeat 33-36.
- 41-48 Weight on R-Foot - Repeat 33-40 (to the other side)

WALK FWD/BACK + HOLD

WALK R-AROUND

- 49-56 Walk forward (RLR, Hold)+ (LRL, Hold) - (Splash if you're in the water)
- 57-64 Walk backward (LRL, Hold) + (RLR, Hold) - (Splash if you're in the water)
- 65-72 Walk around (R-Turn) w. 8 counts RLRL RLRL
- (-) *C.72 – End of 3rd Wall

- 73-96 Repeat 49-72
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TAG: On count 72 – 3rd wall, add:

- 1-8 Move arms from side to side (up or down)

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STEP, TOGETHER, STEP, TOUCH/CLAP (x 6)

- 1-2 Step side right on right foot, step left foot next to right
- 3-4 Step side right on right foot, touch left foot next to right + Clap
- 5-6 Step side left on left foot, step right foot next to left
- 7-8 Step side left on left foot, touch right foot next to left + Clap

