

# Hands Up

Compte: 32

Mur: 4

Niveau: Intermediate



Chorégraphe: Craig Bennett (UK) - October 2009

Musique: For the Lovers - Whitney Houston : (Album: I Look to You)

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## Walk Forward, Rock Forward, Rock Side, Right Sailor, Left sailor ¼

- 1-2 Walk forward right, walk forward left
- 3&4& Rock forward onto right, Recover onto left, Rock right to right side, Recover to left side
- 5&6 Right behind left, Left slightly to left side, step right next to left
- 7&8 Left behind right ¼ turn left stepping forward right, Step left forward (9:00)

## Step ½ turn And Bumps, Rock, Recover, Behind, Side, Cross

- 1-2 Step forward right, Make ½ turn pivot left (3:00)
- &3&4& Bump left hip forward, Bump right hip back, Bump left hip forward, Bump right hip back, Bump Left hip forward making ¼ turn right (6:00)
- 5-6 Rock right to right side, Recover onto left side
- 7&8 Right behind left, step left to left side, Cross right over left

## Side rock back recover, Side rock back recover, Step ½, ½ step

- 1-2& Step left to left side, Rock back onto right, Recover forward onto left
- 3-4& Step right to right side, Rock back onto left, Recover forward onto right
- 5-6 Step forward left, Step forward right
- 7-8 ½ left pivot, ½ left stepping right in place (6:00)

## Rock ¼ Step, Step ½ step, Full turn forward

- 1-2 Rock left to left side, Recover making ¼ turn right stepping forward right (9:00)
  - 3-4 Step forward left, Step forward right
  - 5-6 ½ turn left pivot, Step forward right (3:00)
  - 7&8 Full Turn forward turning left, right, left (3:00)
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