

# Hands Up

COPPER KNOB  
STEPSHEETS

拍数: 48      墙数: 1      级数: Beginner - Line and Wheelchair  
编舞者: Sonja Hemmes (USA) - March 2018  
音乐: Hands Up - Ottawan



Start after 48 Counts

**\*While this dance was choreographed for people in wheelchairs, it is fun for all dancers**

## COASTER FORWARD

1-2            Step right forward, step left forward next to right  
3-4            Step right back, step left back next to right  
5-6            Step right forward, step left forward next to right  
7-8            Step right back, step left back next to right

**Styling: Each time you step forward, raise both hands up  
Each time you step back, lower your hands**

## 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  
5-6            Step right to right side, touch left next to right  
7-8            Step left to left side, touch right next to left

**Styling: -**

**Each time you step touch to the right, sway hands to the right  
Each time you step touch to the left, sway hands to the left**

## COASTER FORWARD

1-8            Repeat steps 1-8 Coaster Forward and repeat styling

## STEP TOUCHES TO THE SIDE

1-8            Repeat steps 9-16 Step Touches to the Side and repeat styling

## STEP TOUCHES FORWARD, BACK DIAGONALLY (K-STEP)

1-2            Step right forward diagonally, touch left next to right  
3-4            Step left back diagonally, touch right next to left  
5-6            Step right back diagonally, touch left next to right  
7-8            Step left forward diagonally, touch right next to left

## VINE RIGHT, VINE LEFT WITH TOUCHES

1-4            Step right to the right, step left behind right, step right to the right, left touch  
5-8            Step left to left side, step right behind left, step left to left side, right touch

**TAG: At the end of the 6th rotation, there is an 8 count tag. Repeat vine right, vine left with touches.  
RESTART: After the tag, dance counts 1-32. Restart and dance counts 1-32 again**