

# Hands Up

拍数: 48      墙数: 1      级数: Improver  
编舞者: Rhonda Diamond & Tish Rosevear - July 2019  
音乐: HANDS UP by Merk & Kremont



---

## STEP R FORWARD, HOLD & SNAP, L ½ PIVOT BACK, ¼ LEFT w/R, L SAILOR W/ ¼ TURN L, R FWD ROCK, RECOVER

1-2            Step forward R, with body angled toward left, hold & snap R hand high  
3-4            ½ Turn L (back) step L, ¼ Left, step R (to face 3:00)  
5&6           L Sailor w/ ¼ turn L (to face 12:00)  
7-8            Fwd Rock R, recover L

## R COASTER, L KICK BALL CHANGE, FAST WEAVE STARTING LEFT FRONT

1&2            Step back R, step L next to R, step R forward  
3&4            Kick L, step L next to R, step R next to L finishing at 1:00  
5&6&          Fast R weave starting L over R, ending on ct. 8 (to face 12:00)  
7&8

## SLIDE R, HOLD, SIDE SHUFFLE L-R-L, ¼ LEFT, PIVOT ½, FWD WALKS R,L

1-2            Slide R to Right, hold  
3&4            Shuffle L-R-L to left  
5-6            ¼ turn L (to face 9:00) step R fwd, pivot half to L step L  
7-8            Walk forward R-L

## RIGHT MAMBO FORWARD, L COASTER w ¼ turn L, R Rocking Chair

1&2            Step R forward, recover L, step R next to L  
3&4            Step L back, recover R, step L ¼ turn L (to face 12:00)  
5-6            Rock forward R, recover L  
7-8            Rock back R, recover L

(Restart here on wall 5)

## 4 SLOW TOE STRUTS, R-L-R-L

1-2            Press R toe diagonal forward, place heel down  
3-4            Press L toe diagonal forward, place heel down  
5-6            Press R toe diagonal forward, place heel down  
7-8            Press L toe diagonal forward, place heel down

## STEP R OUT, L OUT & CROSS, FULL TURN, STOMP, HOLD, R HEEL-TOE-HEEL SWIVELS TO LEFT

1-2&          Step R out to R Diagonal, Step L to L diagonal, (heels optnl) Step R next to L  
3-4            Cross L over R, full 360 turn to R  
5-6            Big Stomp R to R Side (Arms Across Chest, optnl), Hold 6 shifting weight to L  
7&8            Swivel R heel L, swivel R toes L, swivel R heel L, ending with weight on left

Last Update – 28 July 2019

---