

Hands Up

COPPER KNOB
STEP SHEETS

拍数: 96 墙数: 4 级数: Phrased Beginner
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音乐: Hands Up (feat. DNCE) - Merk & Kremont



Sequence: AB AB BB

Part A

S1: JAZZ BOX CROSS X2

1 2 3 4 RF Step Cross LF Step Backward RF Step Side LF Step Cross
5 6 7 8 RF Step Cross LF Step Backward RF Step Side LF Step Cross

S2: MAMBO TOGETHER CLAP CLAP X2

1 2 3&4 RF Step Forward LF Recover RF Step Together (clap clap)
5 6 7&8 LF Step Forward RF Recover LF Step Together (clap clap)

S3: BACKWARD SWIVEL WALK X3 TOUCH, FORWARD WALK X3 TOUCH X2

1 2 RF Step swivel walk Backward LF Step swivel walk Backward
3 4 RF Step swivel walk Backward LF Together Touch
5 6 7 8 RF Step Forward LF Step Forward RF Step Forward LF Touch Together

S4: BACKWARD SWIVEL WALK X3 TOUCH, FORWARD WALK X3 TOUCH X2

1 2 RF Step swivel walk Backward LF Step swivel walk Backward
3 4 RF Step swivel walk Backward LF Together Touch
5 6 7 8 RF Step Forward LF Step Forward RF Step Forward LF Touch Together

S5: CROSS SIDE CROSS SIDE TOUCH, BACK CROSS SIDE BACK CROSS SIDE TOUCH

1 2 3 4 RF Step Cross LF Step Side RF Step Cross LF Side Touch
5 6 7 8 LF Step Back cross RF Step Side LF Step Back cross RF Side Touch

S6: CROSS SIDE CROSS SIDE TOUCH, BACK CROSS SIDE BACK CROSS SIDE TOUCH

1 2 3 4 RF Step Cross LF Step Side RF Step Cross LF Side Touch
5 6 7 8 LF Step Back cross RF Step Side LF Step Backcross RF Side Touch

Part B

S1: SIDE TOGETHER SIDE TOGETHER TOUCH(DOWN) X2

1 2 3 4 RF Step Side LF Step Together RF Step Side LF Together Touch
5 6 7 8 LF Step Side RF Step Together LF Step Side RF Together Touch

S2: SIDE TOGETHER SIDE TOGETHER TOUCH X2

1 2 3 4 RF Step Side LF Step Together RF Step Side LF Together Touch
5 6 7 8 LF Step Side RF Step Together LF Step Side RF Together Touch

S3: FORWARD WALK X3 HITCH, BACKWARD WALK X3 BACK TOUCH

1 2 3 4 RF Step Forward LF Step Forward RF Step Forward LF Hitch
5 6 7 8 LF Step Backward RF Step Backward LF Step Backward RF Touch Backward

S4: FORWARD WALK X3 HITCH, BACKWARD WALK X3 BACK TOUCH

1 2 3 4 RF Step Forward LF Step Forward RF Step Forward LF Hitch
5 6 7 8 LF Step Backward RF Step Backward LF Step Backward RF Touch Backward

S5: FORWARD HEEL TOUCH TOUCH TOUCH HITCH TOGETHER X2

1&2& RF Heel Forward touch RF Together LF Heel Forward touch LF Together
3&4 RF Heel Forward touch RF Hitch RF Step Together
5&6& LF Heel Forward touch LF Together RF Heel Forward touch RF Together
7&8 LF Heel Forward touch LF Hitch LF Step Together

S6: PADDLE TURN 1/2 L, PADDLE TURN 3/4R

1&2& RF Forward on ball LF 1/8L Inplace RF 1/8L Forward on ball LF 1/8L Inplace
3&4 RF Forward on ball LF 1/8L Inplace RF Step Forward
5&6& LF Forward on ball RF 1/8R Inplace LF 1/8R Forward on ball RF 1/8R Inplace
7&8 LF 1/8R Forward on ball RF 1/8R Inplace LF Step Forward

Contact: essue0808@gmail.com ~ Enjoy Dance
