

Throw My Hands Up

拍数: 48 墙数: 2 级数: Low Intermediate
编舞者: W.L.D. (KOR) - March 2022
音乐: Hands Up (feat. DNCE) - Merk & Kremont



No tag, No restart

Section 1 - side, behind, side, heel, hold, ball cross, side, sailor 1/4 turn

12& step R to side, step L behind R, step R to side
34& dig L heel to left diagonal, hold, ball L next to R
56 cross R over L, step L to side
7&8 step R back turning 1/4 right, step L to side, step R in place

Section 2 - heel together *2, walk fwd *2, rock fwd, turn 1/4, drag

1&2& touch L heel fwd, step L next to R, touch R heel fwd, step R next to L
34 step L fwd, step R fwd
56 rock L fwd, recover on R
78 step L to side turning 1/4 left, drag R to L

Section 3 - touch, kickball cross, back, side, kickball fwd, walk fwd

12&3 touch R next to L, kick R diagonally, ball R next to L, cross L over R
45 step R back turning 1/4 left, step L to side turning 1/4 left
6&78 kick R fwd, ball R next to L, step L fwd, step R fwd

Section 4 - rock fwd, coaster, pivot 1/2, side mambo, touch

12 rock L fwd, recover on R
3&4 step L back, step R next to L, step L fwd
56 step R fwd, pivot 1/2 left (weight on L)
7&8 rock R to side, recover on L, touch R next to L

Section 5 - Dorothy step *2, step fwd, swivel 1/2, coaster

12& step R to right diagonal, lock L behind R, step R to right diagonal
34& step L to left diagonal, lock R behind L, step L to left diagonal
56 step R fwd, swivel 1/2 left (weight on R)
7&8 step L back, step R next to L, step L fwd

Section 6 - step fwd, pivot 1/2, step fwd, pivot 1/2, V step

12 step R fwd, turn 1/2 left (weight on L)
34 step R fwd, turn 1/2 left (weight on L)
56 step R diagonally fwd and push hip to right, step L to side and push hip to left
78 step R back to center, step L next to R

Last Update - 13 Mar 2022