

Hands On Me

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased Beginner
编舞者: Greesita Wiranegara (INA) - October 2023
音乐: Hands On Me (feat. Meghan Trainor) - Jason Derulo



DANCE BEGIN APPROX 20 SECONDS
SEQUENCE: AABBAABBAABB
END LAST WALL DANCE B 24C

PART A:

SECTION 1: BACK ROCK R, TRIPLE STEP(R,L,R), BACK ROCK L, ¼ TURN R TRIPLE STEP(L,R,L)

1-2 Step RF back rock, recover on LF
3&4 Step RF to R side, step LF beside RF, step RF to R side
5-6 Step LF back rock, recover on RF
7&8 Step LF to L side ¼ turn R, step RF beside LF, step LF to L side (03.00)

SECTION 2: DIAGONAL KICK FWD R,CROSS BACK, SIDE, CROSS, DIAGONAL KICK FWD L, CROSS BACK, SIDE, CROSS

1-2 Kick RF diagonal forward, step RF behind LF
3-4 Step LF to L side step, step RF over LF
5-6 Kick LF diagonal forward, step LF behind RF
7-8 Step RF to R side, step LF over RF

SECTION 3: ¼ MONTEREY TURN R, MONTEREY L, TOE STRUT R&L

1-2 Point RF to R side, turn ¼ R step RF beside LF (06.00)
3-4 Point LF to L side, step LF beside RF
5-6 Touch RF toe forward, drop RF heels down
7-8 Touch LF toe forward, drop LF heels down

SECTION 4: JAZZBOX ¼ TURN R, SIDE CLOSE R&L

1-2 Step RF over LF, step LF backward
3-4 ¼ turn step RF to R side, step LF over RF (09.00)
5-6 Step RF to R side, close LF next to RF
7-8 Step LF to L side, close RF next to LF

PART B:

SECTION 1: DIAGONAL FORWARD R&L, DIAGONAL BACKWARD R&L

1-2 Step RF diagonal forward, step LF beside RF
3-4 Step LF diagonal forward, step RF beside LF
5-6 Step RF diagonal backward, step LF beside RF
7-8 Step LF diagonal backward, step RF beside LF

SECTION 2: REPEAT SECTION 1

SECTION 3: TWIST, BACK HOOK L, TWIST, BACK HOOK R

1-2 Twist both heel to R, twist both heel to L
3-4 Twist both heel to R, cross LF behind R leg below R knee
5-6 Twist both heel to L, twist both heel to R
7-8 Twist both heel to L, cross RF behind L leg below L knee

SECTION 4: TWIST, BACK HOOK L, TWIST, BACK HOOK R

- 1-2 Twist both heel to R, twist both heel to L
- 3-4 Twist both heel to R, cross LF behind R leg below R knee (Arm styling on count 1-4: Fist your R hand straight to front Fist L hand up in front of your face)
- 5- 6 Twist both heel to L, twist both heel to R
- 7-8 Twist both heel to L, cross RF behind L leg below L knee (Arm styling on count 5-8: Put both hands covering your face)
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