

Put Your Hands on Me

COPPER KNOB
BY STEPHEN T. C.

拍数: 32 墙数: 4 级数: Easy Beginner
编舞者: Ame Lin (INA) - October 2023
音乐: Hands On Me (feat. Meghan Trainor) - Jason Derulo



#Dance begins approx.. 20 seconds - #No Tag & No Restart

SEC 1. OUT – OUT WITH TOE STRUT, JAZZBOX

1-2-3-4 Touch Rf toe to R diagonal forward – drop heel Rf in place – touch Lf toe to L diagonal forward – drop heel Lf in place

5-6-7-8 Cross Rf over Lf – step Lf back – step Rf to side – step Lf forward

SEC 2. SIDE ROCK – RECOVER – CROSS – HOLD (R – L)

1-2-3-4 Step Rf to side – recover on Lf – cross Rf over Lf - hold

5-6-7-8 Step Lf to side – recover on Rf – cross Lf over Rf – hold

SEC 3. GRAPEVINE WITH TOUCH, ¼ L GRAPEVINE WITH TOUCH

1-2-3-4 Step Rf to side – cross Lf behind Rf – step Rf to side – touch Lf next to Rf

5-6-7-8 Step Lf to side – cross Rf behind Lf – ¼ L turn step Lf forward – touch Rf next to Lf

SEC 4. K – STEP WITH CLAP

1-2-3-4 Step forward on Rf to R diagonal – touch Lf next to Rf with clap – Step back to home position on Lf – touch Rf next to Lf with clap

5-6-7-8 Step back on Rf to back R diagonal – touch Lf next to Rf with clap – step Lf back to home position – touch Rf next to Lf with clap

Enjoy your dance (Just for fun)

Contact : amelin1689@gmail.com