

Hands on Me

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Asbare Bare (INA) - November 2023
音乐: Hands On Me (feat. Meghan Trainor) - Jason Derulo



NO TAG, NO RESTART

I. TOE TOUCH, SWIVEL, FORWARD, TOE TOUCH BEHIND, BACK, HOOK

- 1 – 2 Touch R toe forward with bending R knee inside, Swivel R toe with knee outside
- 3 – 4 Swivel R toe with R knee inside, Swivel R toe with knee outside
- 5 – 6 Step Rf forward, Touch L toe Lf behind Rf
- 7 – 8 Step Lf backward, Hook Rf with bending knee cross over Lf

II. FORWARD, ¼ TURN L, FORWARD, TOUCH, BACK, TOE TOUCH, FORWARD, HITCH

- 1 – 2 Step Rf forward, ¼ turn L weight on Lf (09.00)
- 3 – 4 Step Rf forward, Touch L toe to left side
- 5 – 6 Step Lf backward, Touch R toe to right side
- 7 – 8 Step Rf forward, Lift L knee

III. WEAVE, ROCK CROSS

- 1 – 2 Cross Lf over Rf, Step Rf to right side
- 3 – 4 Cross Lf behind Rf, Sweep Rf from front to back
- 5 – 6 Cross Rf behind Lf, Step Lf to left side
- 7 – 8 Rock cross Rf over Lf, Recover on Lf

IV. HIP BUMP, ¼ PIVOT TWICE

- 1 & 2 Step Rf to right side and bump R hip, Bump hip LR
 - 3 & 4 Bump hip LRL
 - 5 – 6 Step Rf forward, ¼ turn L weight on Lf (06.00)
 - 7 & 8 Step Rf forward, ¼ turn L weight on Lf (03.00)
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