

# Hands On Me

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Cameron Stuart (USA) - April 2024  
音乐: Hands On Me (feat. Meghan Trainor) - Jason Derulo



## Intro: 32 Counts From Start Of Instrumental

### [1-8]: TWIST RIGHT, HITCH, TWIST LEFT, HITCH

1-2            1)Twist both heels R, 2)Twist both toes R  
3-4            3)Twist both heels R switching weight to R, 4)Hitch L knee  
5-6            5)Step L down and twist both heels L, 6)Twist both toes L  
7-8            7)Twist both heels L switching weight to L, 8)Hitch R knee

### [9-16]: ROCK BEHIND, RECOVER, SHUFFLE RIGHT, ROCK BACK, RECOVER W/ 1/4 TURN LEFT, SHUFFLE FORWARD

1-2            1)Rock R behind L, 2)Recover on L  
3&4            3)Step R to R side, &)Step L next to R, 4)Step R to R side  
5-6            5)Rock L behind R, 6)Recover on R while making a 1/4 turn L  
7&8            7)Step forward on L, &)Step R next to L, 8)Step forward on L

### [17-24]: ROCKING CHAIR, JAZZ BOX

1-2            1)Rock forward on R, 2)Recover on L  
3-4            3)Rock back on R, 4)Recover on L  
5-6            5)Cross R over L, 6)Step back on L  
7-8            7)Step R to R side, 8)Step L next to R

### [25-32]: K-STEP

1-2            1)Step R to R diagonal, 2)Touch L next to R  
3-4            3)Step L back to L diagonal, 4)Touch R next to L  
5-6            5)Step R back to R diagonal, 6)Touch L next to R  
7-8            7)Step L to L diagonal, 8)Touch R next to L

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