

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
