

Hands Up for Hospice

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Improver
编舞者: Sue Wilson (NZ) - April 2024
音乐: Hands Up - Ottawan : (Hands Up EP)



Tag End of Wall 6 Facing 12:00 Repeat Counts 41 - 48

START: After 16cts Facing Front (12:00) Dance Step 1 through to 16 – Four Times

[1 – 8] R Side, Tog, Side, Tch, L Side, Tog, Side, Tch

1 - 4 Step R to R Side, Close L beside R, Step R to R Side, Tch L beside R

5 - 8 Step L to L Side, Close R beside L, Step L to L Side, Tch R beside L

**HANDS: Raise Hands Up on Counts 1 & 3 to R Diagonal Bring hands down on Counts 2 & 4
Raise Hands Up on Counts 5 & 7 to L Diagonal Bring hands down on Counts 6 & 8**

[9 – 16] “V” Step X 2

9 - 12 Step R Fwd onto R diag, Step L fwd onto L diag, Step R back to centre, Step L beside R

13 - 16 Step R Fwd onto R diag, Step L fwd onto L diag, Step R back to centre, Step L beside R

**HANDS: Circle Arms out to meet together Cts 1 & 2, Brings arms back, place across heart Cts 3 & 4
Circle Arms out to meet together Cts 5 & 6, Bring arms back, place across heart Cts 7 & 8**

[17 – 24] R Charleston Kick, R Jazz Box 1/4R, R Charleston Kick, R Jazz Box 1/4R

17 - 20 Step R Fwd, Kick L Fwd, Step L Bck, Tch R Bck,

21 - 24 R Cross over L, Step L Bck, Turn 1/4R Step R Side, Step L Fwd

25 - 32 Repeat the above 8 Counts

[33 – 40] R Vine Tch, L Vine Tch, (Rolling Vines Look GREAT!)

33 – 36 Step R Side, Step L Behind R, Step R Side, Tch L Beside R

37 – 40 Step L Side, Step R Behind L, Step L Side, Tch R Beside L

[41 – 48] R Rocking Chair, 2 Half Pivots Left,

41 – 44 R Rock Fwd, Recover Bck onto L, R Rock Bck, Recover Fwd onto L

45 – 48 Step R Fwd, Pivot 1/2 L Stepping L Fwd, Step R Fwd, Pivot 1/2L Stepping L Fwd

Tag & Finish: 8 Counts - End of 6th Wall - Facing 12:00 –
Repeat counts 41 – 48 R Rocking Chair, 2 x ½ Pivots

FINISH: Keep facing the Front (12:00) wall. Dance steps 1 through to 16 - Four times

During the Chorus lets all join in and sing the words.

Use Hands each time when facing the front during the first 16 Counts

This dance has been Choreographed for Nelson Tasman Hospice

“Hands Up for Hospice” month May 2024.

Our wish is for many others to join in with our dance and put your “Hands Up for Hospice”.

Thank You.