

Raise Your Hands

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Unrated Beginner
编舞者: Kevin S. Ward (USA) & Rena Ward (USA)
音乐: Surrender - Laura Pausini



Sequence: Phrased, AABB, Tag 1, AABB, Tag 2, AABBB, Finish

Note: Start the dance 32 counts after she starts to sing, when the hard beat kicks in

PART A

KICK, CROSS, (SIDE) ROCK, STEP, CROSS, (FORWARD) ROCK, STEP ¼ TURN RIGHT, PLACE, SHRUG SHOULDERS

- 1-2 Kick right to right side, cross step right over left
- 3&4 Rock left to left, replace onto right, cross step left over right
- 5-6 Rock right forward, replace onto left while making a ¼ turn right
- 7&8 Place right beside left at shoulder width apart (no weight), shrug shoulders up, drop shoulders back to normal position

POINT & POINT & FORWARD & BACK, & SWEEP ¼ RIGHT, COASTER STEP

- 1&2& Touch right to right side, step right next to left, touch left to left, step left next to right
- 3&4& Touch right forward, step right next to left, touch left back behind right heel, step left next to right
- 5-6 Kick right foot forward, with right foot about 6" off the ground sweep right into a ¼ right turn
- 7&8 Step right back, step left next to right, step right forward

WALK, WALK, ¼ TURN CROSS SHUFFLE, SIDE, ¼ TURN, CROSS SHUFFLE RIGHT

- 1-2 Walk forward left, walk forward right
- 3&4 While making ¼ turn left cross step left over right, step right to right, cross step left over right
- 5-6 Step right to right side, while making ¼ turn left, step left to left side
- 7&8 Cross step right over left, step left to left side, cross step right over left

POINT, CROSS, SIDE SHUFFLE RIGHT, ROCK, STEP, SHUFFLE FORWARD LEFT, RIGHT, LEFT

- 1-2 Point left to left side, cross step left over right
- 3&4 Step right to right side, step left next to right, step right to right side
- 5-6 Rock left back, step right in place
- 7&8 Step left forward, step right next to left, step left forward

PART B

Here we go with all those arms

- 1 Step right forward and shoulder width apart while at the same time place your right arm down your right side slightly away from your body with palm facing forward
- 2 Step left forward and shoulder width apart while at the same time place your left arm down your left side slightly away from your body with palm facing forward
- 3 Bring both arms up to shoulder height both bent at the elbows at a 90-degree angle with palms facing backwards, fingers should be pointing at the floor
- 4 While keeping your arms in the 90-degree position rotate both arms up so that your palms are facing forward and fingers are now pointing at the ceiling
- 5 Raise both arms up towards the ceiling about 6-8 inches (this will force your elbows to be about at a 45-degree angle)
- 6 Raise both arms straight up the rest of the way above your head
- 7-8 Slowly spread your arms apart for two counts to the 10:00 and 2:00 positions respectively

For counts 5-8 tilt your head back and look up towards the ceiling

FINISH THE ARMS (THEN ON TO THE EASY STUFF), VINE RIGHT

- 1-4 Moving in a circular motion slowly bring arms back over your head cross them right over left and continue the circle down in front of your body and ending with both arms down to their respective sides
- 5-8 Step right to right side, cross step left behind right, step right to right side, touch left next to right

VINE LEFT ¼ TURN, SHUFFLE FORWARD, JAZZ BOX

- 1-2 Step left to left, cross step right behind left
- 3&4 Make a ¼ turn left stepping forward, step right next to left, step forward on left
- 5-8 Cross step right over left, step left back, step right to right side, step left next to right

ROCK, STEP, COASTER STEP, ROCK, STEP, COASTER STEP

- 1-2 Rock forward on right, step left in place
- 3&4 Step right back, step left next to right, step right forward
- 5-6 Rock forward on left, step right in place
- 7&8 Step left back, step right next to left, step left forward

TAG 1

VINE RIGHT, VINE LEFT

- 1-4 Step right to right side, cross step left behind right, step right to right side, touch left next to right
- 5-8 Step left to left side, cross step right behind left, step left to left side, touch right next to left

TAG 2

STEP ½ TURN, STEP ½ TURN, VINE RIGHT, VINE LEFT

- 1-4 Step right forward, make ½ turn left stepping on left, step right forward, make ½ turn left stepping on left
- 5-8 Step right to right side, cross step left behind right, step right to right side, touch left next to right
- 9-12 Step left to left side, cross step right behind left, step left to left side, touch right next to left

NOW FOR THE BIG FINISH

At the very end of the dance you will be facing the 3:00 wall. To end the dance facing the front on count 1 of the last B when you step forward make a ¼ turn left to face the front wall, then continue up to count 6 ending with your arms straight up in the air
