

# Hands Down

拍数: 32      墙数: 4      级数: Beginner  
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音乐: Hot Stuff - Donna Summer



## HAND CIRCLES, HITCHHIKER

- 1-4      Right hand circles out to side with palm down twice, then left hand circles twice  
5-8      Low hitchhiker-right thumb out & back twice, left thumb out & back twice, hands stay about waist high

## HAND ROLLS

- 1-8      Roll the hands over each other, right twice, center twice, left twice, center twice

## SHOULDER TOUCHES AND LIFTS

- 1      Cross the hands at the chest and touch right hand to left shoulder and left hand to right shoulder  
2      Uncross hands and touch right hand to right shoulder, left hand to left shoulder  
3&4      Bend knees & drop hips down as you slap the top of your thighs 3x, finger tips pointing towards the floor  
5-6      Leave hands on thighs, and as you start to stand up, raise right shoulder up then left shoulder up  
7&8      Raise shoulders right, left, right as you finish standing up

## ROCK, MAMBO STEPS AND ¼ TURN TO LEFT

- 1-2      Step to right with right foot and rock weight back onto the left foot  
3&4      Shuffle in place  
5-6      Step to the left with left foot and rock weight back onto the right foot  
7&8      Make a ¼ turn to the left as you shuffle in place

## REPEAT

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