

Hands Up

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Sandy Russell (SCO)
音乐: Hands Up (Give Me Your Heart) - Ottawan



FORWARD ROCK, SHUFFLE BACK, BACK ROCK, SHUFFLE ½ TURN

1-2 Step forward on right, rock weight back onto left
3&4 Step back on right, step left next to right, step back on right
5-6 Step back on left, rock weight forward onto right
7-8 Shuffle ½ turn right, left, right, left

¼ TURN-TOUCH, SIDE TOUCH, & CROSS-SIDE, COASTER STEP

1-2 ¼ turn right stepping right to right side, step left next to right
3-4 Step right to right side, touch left next to right
&5-6 Step left next to right, cross right over left, step left to left side
7&8 Step back on right, step left next to right, step forward on right

STEP-½ TURN, TRIPLE ½ TURN, BACK ROCK, KICK BALL-CHANGE

1-2 Step forward on left, pivot ½ turn right
3&4 Triple ½ turn right, stepping on left, right, left
5-6 Step back on right, rock weight forward onto left
7&8 Kick right forward, step in place on right, step left next to right

SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

1-2 Step right to right side, rock weight onto left
3&4 Cross shuffle right over left
5-6 Step left to left side, rock weight onto right
7&8 Cross shuffle left over right

¼ TURN LEFT, ½ TURN LEFT, STEP FORWARD ON RIGHT, ¼ TURN LEFT

1-4 Turn ¼ turn left, turn ½ turn left, step forward on right, turn ¼ turn left
5-6 Cross shuffle right over left
7-12 Repeat above 1-6 to left side

SIDE TOUCH, SIDE TOUCH

1-4 Step right to right side, touch left beside right, step left to left side, touch right beside left

REPEAT
