

# Hands Up, Hands Down

**COPPER KNOB**  
STEPSHEETS

拍数: 40      墙数: 4      级数: Improver  
编舞者: Nedra Simmons & Jackie Lewis (USA)  
音乐: Keep Your Hands to Yourself - The Georgia Satellites



## GRAPEVINE RIGHT, GRAPEVINE LEFT

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

## CROSS HOLD, CROSS HOLD, CROSS ROCK STEP ½ TURN TO THE LEFT, SHUFFLE FORWARD

&1-2      Cross left over right and hold  
&3-4      Step right with right, cross left over right and hold  
&5-6      Step right with right, cross left over right, rock back on right  
7&8      ½ Turn to the left, shuffle left, right, left

## KICKBALL CHANGE, KICKBALL CHANGE, CROSS UNWIND ¾ TURN TO THE LEFT, ROCK STEP

1&2      Kick right forward, step on ball of right, change weight to left  
3&4      Kick right forward, step on ball of right, change weight to left  
5-6      Step right across in front of left, unwind ¾ turn left  
7-8      Step back left, rock forward with right

## VAUDEVILLE STEPS

1&2      Cross left over right, step right slightly to right, touch left heel diagonally forward to left  
3&4      Step left slightly back, cross right over left, step left slightly to left, touch right heel diagonally forward to right  
5&6      Step right slightly back, cross left over right, step right slightly to right, touch left heel diagonally forward to left  
7&8      Step left slightly back, cross right over left, step left slightly to left, touch right heel diagonally forward to right

## STEP HOLD, STEP HOLD, STEP ROCK FULL TURN TO THE LEFT, SHUFFLE FORWARD

&1-2      Step forward right, left hold  
&3-4      Step right behind left, step forward left hold  
&5-6      Step right behind left, step forward left, step right forward making ½ pivot turn to the left  
7&8      Pivot ½ to the left, shuffle left, right, left

## REPEAT

Variations for the 1st 8 counts:

### OPTION 1: VINE RIGHT WITH A CROSS ROCK, GRAPEVINE LEFT

1-2      Step right to right, step behind with left  
&3-4      Step right to right, cross left over right, step right to right  
5-8      Step left with left, step behind with right, step to left side touch with right

### OPTION 2: VINE RIGHT WITH A CROSS ROCK, GRAPEVINE LEFT, VINE LEFT WITH SYNCOPATED RIGHT HEEL TOUCH

1-2      Step right to right, step behind with left  
&3      Step right to right, cross left over right in a rock motion  
&4      Step right down, touch left heel diagonally forward to left  
&5      Step left slightly back, cross right over left  
6-7      Step left to left, step behind with right  
&8      Step left to left, touch right heel diagonally

