

Hands Up, Hands Down

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Improver
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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

