

Hands Up

拍數: 48 牆數: 1 級數: Improver
編舞者: Rhonda Diamond & Tish Rosevear - July 2019
音樂: HANDS UP by Merk & Kremont



STEP R FORWARD, HOLD & SNAP, L ½ PIVOT BACK, ¼ LEFT w/R, L SAILOR W/ ¼ TURN L, R FWD ROCK, RECOVER

1-2 Step forward R, with body angled toward left, hold & snap R hand high
3-4 ½ Turn L (back) step L, ¼ Left, step R (to face 3:00)
5&6 L Sailor w/ ¼ turn L (to face 12:00)
7-8 Fwd Rock R, recover L

R COASTER, L KICK BALL CHANGE, FAST WEAVE STARTING LEFT FRONT

1&2 Step back R, step L next to R, step R forward
3&4 Kick L, step L next to R, step R next to L finishing at 1:00
5&6& Fast R weave starting L over R, ending on ct. 8 (to face 12:00)
7&8

SLIDE R, HOLD, SIDE SHUFFLE L-R-L, ¼ LEFT, PIVOT ½, FWD WALKS R,L

1-2 Slide R to Right, hold
3&4 Shuffle L-R-L to left
5-6 ¼ turn L (to face 9:00) step R fwd, pivot half to L step L
7-8 Walk forward R-L

RIGHT MAMBO FORWARD, L COASTER w ¼ turn L, R Rocking Chair

1&2 Step R forward, recover L, step R next to L
3&4 Step L back, recover R, step L ¼ turn L (to face 12:00)
5-6 Rock forward R, recover L
7-8 Rock back R, recover L

(Restart here on wall 5)

4 SLOW TOE STRUTS, R-L-R-L

1-2 Press R toe diagonal forward, place heel down
3-4 Press L toe diagonal forward, place heel down
5-6 Press R toe diagonal forward, place heel down
7-8 Press L toe diagonal forward, place heel down

STEP R OUT, L OUT & CROSS, FULL TURN, STOMP, HOLD, R HEEL-TOE-HEEL SWIVELS TO LEFT

1-2& Step R out to R Diagonal, Step L to L diagonal, (heels optnl) Step R next to L
3-4 Cross L over R, full 360 turn to R
5-6 Big Stomp R to R Side (Arms Across Chest, optnl), Hold 6 shifting weight to L
7&8 Swivel R heel L, swivel R toes L, swivel R heel L, ending with weight on left

Last Update – 28 July 2019