

Hands Up EZ

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 1 級數: Phrased Improver
編舞者: John Dembiec (USA) - August 2019
音樂: Hands Up (feat. DNCE) - Merk & Kremont



(**Sequence : A,B-,A,B,A,B-,A,B,AAA)

PART A: 32 counts

[1-8] SIDE BACK TOUCH (X2), V-STEP

1-2 Step R to R, Touch L slightly behind R (Bring hands up during chorus on; "hands up")
3-4 Step L to L, Touch R slightly behind
5-6 Step R out to R diagonal, Step L out to L diagonal (Bring hands up during chorus)
7-8 Step R back to center, Step L back next to R

[9-16] ¼ JAZZ BOX CROSS, VINE

1-2 Step R over L, Step L back
3-4 Making ¼ turn R step R to R, Step L over R (3:00)
5-8 Step R to R, Step L behind R, Step R to R, Step L next to R

(Note: Counts 5-8 may be syncopated as weave. &5&6&7&8)

[17-24] FORWARD TOUCH, BACK TOUCH, SIDE TOUCHES, ¼ TURN

1-2 Step R forward, Touch L next to R (Bring hands up during chorus; "hands up")
3-4 Step L back, Touch R next to L
5-6 Step R to R, Touch L slightly behind R (Bring hands up on count 6)
7-8 Making ¼ turn L Step L forward (12:00), Touch R next to L

[25-32] STEP SLIDE TOUCH, HIP BUMPS (X2)

1-2 Step R forward, Slide and touch L next to R
&3&4 Bump hips L, R, L, R
5-6 Step L to L, Slide and touch R next to L
&7&8 Bump hips R, L, R, L

PART B: 16 counts

[1-8] STEP, ¼ TOUCH, ¼ TURN, TOUCH, SIDE TOUCHES

1-2 Step R forward, Making ¼ turn L Touch L next to R (9:00)
3-4 Making ¼ turn L Step L forward (6:00), Touch R next to L
5-8 Step R to R, Touch L next to R, Step L to L, Touch R next to L

[9-16] REPEAT 1-8, SEE NOTE BELOW FOR HOLD

On count 5 for B-, step as normal, Hold counts 6-8. Shift weight to L before Part A
Styling note, on hold you may roll hips R to L

REPEAT AND HAVE FUN !!!!!

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