

Get Your Hands Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Rob Holley (USA) - July 2021
音樂: Hands Up - Tim Hicks : (CD: 5:01+ iTunes)



Intro: 48 (start on vocals)

[1-8] SLIDE STEPS DIAGONALLY RIGHT FORWARD, V-STEP W/TOUCH

- 1& Step ball of R diagonally forward (1), slide L next to R (&) (1:30)
- 2& Step ball of R diagonally forward (2), slide L next to R (&)
- 3& Step ball of R diagonally forward (3), slide L next to R (&)
- 4 Step R diagonally forward (4)
- 5-6 Turn 1/8 L & step L out & forward (5), step R out & side (6) (12:00)
- 7-8 Step L in & back (7), touch R next to L (8)

NOTE: During the chorus (on counts 1-8) the lyrics will say "So get your hands up, up, up, up to the sky." Feel free to add any additional arm or hand movement for styling.

[9-16] ROLLING VINE RIGHT W/POINT, BEHIND SIDE FORWARD, WALK, WALK

- 1-4 Turn ¼ R & step R fwd (1), turn ½ R & step L back (2), turn ¼ R & R side (3), point L to L side (4)
- 5&6 Step L behind R (5), step R to R side (&), step L forward (6)
- 7-8 Step R forward (7), step L forward (8)

Restart - wall 8

[17-24] HOP UP-UP, HOLD, ¼ TURN HIP ROLL LEFT, SIDE MAMBO

- &1-2 Hop/step R forward (&), step L next to R (1), hold (2)
- 3-6 Step R forward (3), turn 1/8 L & roll hips (weight on L) (4) (10:30)
- 5-6 Step R forward (5), turn 1/8 L & roll hips (weight on L) (6) (9:00)
- 7&8 Step R to R side (7), step L in place (&), step R next to L (8)

[25-32] FORWARD/BACK HIP ROLL, ½ PIVOT, FORWARD SHUFFLE

- 1-4 Step L forward while pushing hips forward (weight to L) (1), pull hips back (weight to R) (2), push hips forward (weight to L) (3), pull hips back (weight to R) (4)
- 5-6 Step L forward (5), turn ½ R (weight to R) (6) (3:00)
- 7&8 Step L forward (7), step R next to L (&), step L forward (8)

Restart after count 16 on wall 8 facing 9:00

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