

Hands Up Like This

COPPER **KNOB**
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Elaine Cook (CAN), Rob Fowler (ES) & I.C.E. (ES) - 14 August 2021
音樂: Hands up Like This - ZOA



Intro: 32 Counts - approx 16 secs (Start dance on right diagonal)

S1: Diag R Rock, Recover & Heel, Hold, & Step R, Pivot ½ L, Touch R with Hip Bumps

1,2,&3,4 On R diagonal (1:30) rock R forward, recover L, step R side 1/8 left (straightening up to 12:00), touch L heel forward, hold 12:00

&5,6 Step L back, step R forward, make ½ turn L (weight forward on L) 6:00

7&8 Touch R to R side and bumps hips up & down (keep weight L)

(optional: snap fingers raising right hand up and down)

S2: Cross R, Hold, Syncopated Vine with Cross, Side Rock, Recover, Behind, Side, Forward 1/8 R

1,2 Cross R over L, hold

&3&4 Step L side, step R behind L, step L side, cross R over L

5,6 Rock L side, recover R

7&8 Step L behind R, step R side, step forward L turning 1/8 right 7:30

S3: Step R, Touch L, Back L, Touch R, Back R, Touch L, Touch L Behind, Unwind ½ L, R Toe Taps

1,2,&3&4 Staying on diagonal step R forward, touch L beside R, step L back, touch R beside L, step R back, touch L beside R

5,6 Touch L toe behind R, unwind ½ turn left (weight forward on L) 1:30

7&8 Tap R toe out to R side, tap R toe in towards L, tap R toe next to L

S4: R Heel, Hold, & L Heel, Hold, L Jazz Box with Brush

1,2,&3,4 Still on diagonal touch R heel forward, hold, step R back, touch L heel forward, hold

5,6,7,8 Cross L over R, step R back, step L side, brush R forward

Start Over

TAG: The 16-count tag is done to the diagonal at the end of Walls 1, 3, 5

Rock R, Recover, Back R, ½ L, Back R, ¼ L, Step R, Pivot ½ L, Boogie Walks

1,2,&3&4 Rock R forward, recover L, step R back, step L forward ½ left, step R back, step L forward ¼ left 4:30

5,6,7&8 Step R forward, make ½ turn left (weight forward on L), boogie walks forward R,L,R

(optional: push arms up down up during the boogie walks) 10:30

Side Switches, Step R, Heel Twists ¼ L, Hitch L, Step L, Touch R

1&2&3&4 Point L side, step L beside R, point R side, step R beside L, point L side, step L beside R, step R forward

5&6,&7,8 Twist heels R,L,R making ¼ turn left (keep weight R), hitch L, step L side, touch R beside L 7:30

Contact: elainecook82@gmail.com