

# Throw My Hands Up

COPPERKNOB  
STEPSHEETS

拍數: 48      牆數: 2      級數: Low Intermediate  
編舞者: W.L.D. (KOR) - March 2022  
音樂: Hands Up (feat. DNCE) - Merk & Kremont



No tag, No restart

## Section 1 - side, behind, side, heel, hold, ball cross, side, sailor 1/4 turn

12&      step R to side, step L behind R, step R to side  
34&      dig L heel to left diagonal, hold, ball L next to R  
56      cross R over L, step L to side  
7&8      step R back turning 1/4 right, step L to side, step R in place

## Section 2 - heel together \*2, walk fwd \*2, rock fwd, turn 1/4, drag

1&2&      touch L heel fwd, step L next to R, touch R heel fwd, step R next to L  
34      step L fwd, step R fwd  
56      rock L fwd, recover on R  
78      step L to side turning 1/4 left, drag R to L

## Section 3 - touch, kickball cross, back, side, kickball fwd, walk fwd

12&3      touch R next to L, kick R diagonally, ball R next to L, cross L over R  
45      step R back turning 1/4 left, step L to side turning 1/4 left  
6&78      kick R fwd, ball R next to L, step L fwd, step R fwd

## Section 4 - rock fwd, coaster, pivot 1/2, side mambo, touch

12      rock L fwd, recover on R  
3&4      step L back, step R next to L, step L fwd  
56      step R fwd, pivot 1/2 left (weight on L)  
7&8      rock R to side, recover on L, touch R next to L

## Section 5 - Dorothy step \*2, step fwd, swivel 1/2, coaster

12&      step R to right diagonal, lock L behind R, step R to right diagonal  
34&      step L to left diagonal, lock R behind L, step L to left diagonal  
56      step R fwd, swivel 1/2 left (weight on R)  
7&8      step L back, step R next to L, step L fwd

## Section 6 - step fwd, pivot 1/2, step fwd, pivot 1/2, V step

12      step R fwd, turn 1/2 left (weight on L)  
34      step R fwd, turn 1/2 left (weight on L)  
56      step R diagonally fwd and push hip to right, step L to side and push hip to left  
78      step R back to center, step L next to R

Last Update - 13 Mar 2022