

# Hands On Me

拍數: 64      牆數: 4      級數: Beginner  
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音樂: Hands On Me (feat. Meghan Trainor) - Jason Derulo



## intro – 32 Counts

### Sec 1. Fwd , together , fwd , touch x 2 (L,R)

1 , 2      Step Lf fwd to diagonal , step Rf together  
3 , 4      Step Lf fwd to diagonal . touch Rf beside Lf  
5 , 6      Step Rf fwd to diagonal . step Lf together  
7 , 8      Step Rf fwd to diagonal . touch Lf beside Rf

### Sec 2. Sec 1 repeat

### Sec 3. Back , hold . back , hold . back x 3 (L,R,L) stomp

1 , 2      (H) Step Lf back , hold  
3 , 4      (H) Step Rf back , hold  
5 , 6      Step Lf back , step Rf back  
7 , 8      Step Lf back , stomp Rf to R side

### Sec 4. Knee in , hold , knee in , hold , knee in x 4 (L,R,L,R)

1 , 2      Left knee in , hold ,  
3 , 4      Right knee in , hold ,  
5 , 6      Left knee in , right knee in  
7 , 8      Left knee in , right knee in

### Sec 5. Fwd , touch , fwd , touch , back , touch , back , touch

1 , 2      Step Lf fwd to left diagonal , touch Rf beside Lf  
3 , 4      Step Rf fwd to right diagonal , touch Lf beside Rf  
5 , 6      Step Lf back to left diagonal , touch Rf beside Lf  
7 , 8      Step Rf back to right diagonal , touch Lf beside Rf

### Sec 6. Fwd . touch , back , touch , fwd , touch , back , touch

1 , 2      Step Lf fwd to Left diagonal , touch Rf beside Lf  
3 , 4      Step Rf back to right diagonal , touch Lf beside Rf  
5 , 6      Step Lf fwd to Left diagonal , touch Rf beside Lf  
7 , 8      Step Rf back to right diagonal , step Lf together

### Sec 7. Shake both legs

1 ~ 4      Shake both legs (body 1 : 30)  
5 ~ 8      Shake both legs (body 1 : 30)

### Sec 8. Walk around turn R 5/8 , side , touch , side , touch

1 ~ 4      Walk around turn R 5/8(R,L,R) , touch Lf beside Rf  
5 , 6      Step Lf to L side , touch Rf beside Lf  
7 , 8      Step Rf to R side , touch Lf beside Rf