

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