

# Hands on Me

**COPPER KNOB**  
BY STEPHENETS

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Asbare Bare (INA) - November 2023  
音樂: Hands On Me (feat. Meghan Trainor) - Jason Derulo



## NO TAG, NO RESTART

### I. TOE TOUCH, SWIVEL, FORWARD, TOE TOUCH BEHIND, BACK, HOOK

- 1 – 2      Touch R toe forward with bending R knee inside, Swivel R toe with knee outside
- 3 – 4      Swivel R toe with R knee inside, Swivel R toe with knee outside
- 5 – 6      Step Rf forward, Touch L toe Lf behind Rf
- 7 – 8      Step Lf backward, Hook Rf with bending knee cross over Lf

### II. FORWARD, ¼ TURN L, FORWARD, TOUCH, BACK, TOE TOUCH, FORWARD, HITCH

- 1 – 2      Step Rf forward, ¼ turn L weight on Lf (09.00)
- 3 – 4      Step Rf forward, Touch L toe to left side
- 5 – 6      Step Lf backward, Touch R toe to right side
- 7 – 8      Step Rf forward, Lift L knee

### III. WEAVE, ROCK CROSS

- 1 – 2      Cross Lf over Rf, Step Rf to right side
- 3 – 4      Cross Lf behind Rf, Sweep Rf from front to back
- 5 – 6      Cross Rf behind Lf, Step Lf to left side
- 7 – 8      Rock cross Rf over Lf, Recover on Lf

### IV. HIP BUMP, ¼ PIVOT TWICE

- 1 & 2      Step Rf to right side and bump R hip, Bump hip LR
  - 3 & 4      Bump hip LRL
  - 5 – 6      Step Rf forward, ¼ turn L weight on Lf (06.00)
  - 7 & 8      Step Rf forward, ¼ turn L weight on Lf (03.00)
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