

Händer upp / Hands up AB

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4
編舞者: Åsa Lund (FIN) - October 2023
音樂: Hände upp - Carola

級數: Absolute Beginner



Sektion 1: Walk forward, point, walk back, touch

1-4 walk straight forward R L R, point L to left side
5-8 walk straight back L R L, touch R beside L

Sektion 2: K-step

1-2 step R diagonally forward to right side, touch L next to R
3-4 step L diagonally back to left side (starting point), touch R next to L
5-6 Step R diagonally back to right side, touch L next to R
7-8 Step L diagonally forward to left side (starting point), touch R next to L

Sektion 3: Point, touch, step, touch x 2

1-2 point R to right side, touch R next to L
3-4 step to right side with R, touch L next to R
5-6 point L to left side, touch L next to R
7-8 step L with L foot, touch R next to L

Sektion 4: Monterey with quarter turn right (wall 3:00), V-step with "hands up"

1-2 Point R to right side, draw R back and turn 1/4 to right (3:00)
3-4 point L to left, step L beside R
5-6 step R diagonally forward to right side, step L diagonally forward to left side (*hands-up movement)
7-8 step R back to starting point, Step L next to R.

*option: hands-up movement during steps 5-6 in sektion 4

Start again! No tags or restarts, just enjoy!

Last Update: 25 Jan 2024