

Händer upp

拍數: 64 牆數: 2 級數: Beginner / Improver
編舞者: Malin Ryberg (SWE), Johanna Ryberg (SWE) & Maria Johansson (SWE) -
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音樂: Händer upp - Carola



Intro: 16 count intro, 9-10 sec.

Tag: Description at the end

Ending: Wall 8, section 2, end with one paddle turn ½ [06.00], step RF forward

Section 1: Kick ball change, vine right

1&2-3&4 Kick RF forward, step RF together, step LF together, repeat
5-8 Step RF to R, step LF behind RF, step RF to R, touch LF next to RF

Section 2: Vine left, paddle turns [12.00->06.00]

1-4 LF to L, RF behind LF, LF to L, touch RF next to LF
5-6 Press RF forward pushing off into ¼ turn L [09.00]
7-8 Press RF forward pushing off into ¼ turn L [06.00]

Section 3: Jazzbox and jazzbox with ¼ turn right [06.00->09.00]

1-4 Step RF in front of LF, step LF back, step RF to R, step LF in front of RF [06.00]

***On wall 3, TAG and RESTART here**

5-8 Step RF in front of LF, step LF back, step RF to R with ¼ turn [09.00], step LF next to RF,
angle body slightly to L

Section 4: Weave left, cross rock, chassé to right

1-4 Cross RF over LF, step LF to L, step RF behind LF, step LF to L
5-6,7&8 Rock RF over LF, rock back on LF, step RF to R, step LF to RF, step RF to R

Section 5: Cross rock right recover, chassé to left with ¼ turn left, step turn ½ to left [09.00->12.00]

1-2 Rock LF over RF, rock back on RF
3&4 Step LF to L, step RF to LF, step LF to L with ¼ turn to L [06.00]
5-6 Step RF forward, make a ½ turn over left shoulder, turn back on LF [12.00]
7-8 Step RF forward, HOLD

Section 6: Full turn clockwise, v-step [12.00]

1-4 Turn ½ R stepping back on LF, turn ½ R stepping forward on RF, step LF forward, touch RF
next to LF [12.00]
5-6 Step RF diagonally forward to R, step LF diagonally forward to L
7-8 Step RF back, step LF next to RF

Section 7: Side touch x 2, shuffle turn ½, forward touch [12.00->06.00]

1-2 Step RF to R, step LF next to RF
3-4 Step LF to L, step RF next to LF, angle body slightly to R
5&6 Step RF ½ to R [06.00], step LF next to RF, step RF forward
7-8 Step LF forward, touch RF next to LF

Section 8: Rolling hips and hands up in the air

1-8 Rolling hips 8 counts, two counts/side, start to R. End with weight on LF

Start over

TAG: Wall 3, section 3 facing [06.00] Jazzbox, forward touch x 2, rolling hips, Restart

1-4 Step RF in front of LF, step LF back, step RF to R, step LF in front of RF [06.00]
5-6 Step RF forward, touch LF next to RF
7-8 Step LF forward, touch RF next to LF,
9-12 Rolling hips 4 counts, start to R (R R L L)
Restart!
