

Raise Your Hands (Händer Upp)

COPPERKNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Easy Improver
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音樂: Händer upp - Carola



Intro: 16 counts (appr. 11 sec)

Start with weight on L foot

Extras (styling): On wall 3-5-8-10-12, on the first 4 counts, when she sings händer upp- Raise your Hands twice (*)

Section 1 Cross point X 2 (*raise hands on wall:3-5-8-10-12) rock recover, shuffle back

1-2 Cross R over L, point L to L side 12:00
3-4 Cross L over R, point R to R side 12:00
5-6 Rock fw. on R, recover on L 12:00
7&8 Step back on R, step L next to R, step back on R 12:00

Section 2 Back rock, shuffle fw. step ½ turn, shuffle ½ turn

1-2 Rock back on L, recover on R 12:00
3&4 Step fw. on L, step R next to L, step fw. on L 12:00
5-6 Step fw. on R, make ½ turn L stepping fw. on L 6:00
7&8 Make ½ turn L stepping back on R, step L next to R, step back on R 12:00

Section 3 Step back with knee pop X 2, back rock, step ¼ turn, cross shuffle

1-2 Step back on L, while popping R knee, step back on R while popping L knee 12:00
3-4 Rock back on L, recover on R 12:00
5-6 Step fw. on L, make ¼ turn R stepping R to R side 3:00
7&8 Cross L over R, step R to R side, cross L over R 3:00

Section 4 Step side hold, ball side touch, ¼ turn step, ¼ turn touch

1-2 Step R to R side, hold 3:00
&3-4 Ball step L next to R, step R to R side, touch L beside R 3:00
5-6 Make ¼ turn L stepping fw. on L, step fw. on R 12:00
7-8 Make ¼ turn L, stepping L to L side, touch R beside L 9:00

Good Luck & N'joy!

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