

Hands Up

拍數: 96 牆數: 1 級數: Beginner
編舞者: Montse Bou (ES) - 15 August 2024
音樂: Hands Up (Give Me Your Heart) - Ottawan



INTRO 32 Counts: STEP TOUCHES TO THE SIDE

1-2 Step right to right side, touch left next to right
3-4 Step left to left side, touch right next to left
5-8 Repeat 1-4
9-12 Move both arms as if you were swimming (breaststroke style)
13-16 Repeat 9-12
17-32 Repeat 1-16

HANDS UP FWD & BACK

1-2 R-foot back and wave both hands twice up in the air above head
3-4 Bring hands twice down
5-8 Repeat 1-4

POINT HANDS FWD & HEART BEATING MOV.

9-10 Step right-foot to the right and point twice hands forward, Index fingers pointing forwards
11-12 Place hands twice on left shoulder with heart beating movement.
13-16 Repeat 9-12
17-32 Repeat 1-16

WEIGHT L-FOOT: L-ARM + CLAPS

WEIGHT R-FOOT: R-ARM + CLAPS

33-36 Weight on L-Foot (every mov.= 2 counts)
Stretch the left arm, carry the right arm to the left and clap.
Return right arm to the side
37-40 Repeat 33-36.
41-48 Weight on R-Foot - Repeat 33-40 (to the other side)

WALK FWD/BACK + HOLD

WALK R-AROUND

49-56 Walk forward (RLR, Hold)+ (LRL, Hold) - (Splash if you're in the water)
57-64 Walk backward (LRL, Hold) + (RLR, Hold) - (Splash if you're in the water)
65-72 Walk around (R-Turn) w. 8 counts RLRL RLRL
(-) *C.72 – End of 3rd Wall

73-96 Repeat 49-72

TAG: On count 72 – 3rd wall, add:

1-8 Move arms from side to side (up or down)

+

STEP, TOGETHER, STEP, TOUCH/CLAP (x 6)

1-2 Step side right on right foot, step left foot next to right
3-4 Step side right on right foot, touch left foot next to right + Clap
5-6 Step side left on left foot, step right foot next to left
7-8 Step side left on left foot, touch right foot next to left + Clap

