

# 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

