

Hands Up

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Independent Women Part 1 - Destiny's Child



KICK, STEP, POINT, KICK, STEP, POINT, ¼ TURN, SIT DOWN & UP

- 1 Right foot kick forward
- & Right foot step next to left
- 2 Left foot point to left side
- 3 Left foot kick forward
- & Left foot step next to right
- 4 Right foot point to right side
- & Right foot step next to left
- 5 Left foot point to left side
- 6 Turn ¼ left
- 7 Sit down
- 8 Rise up

KICK, CROSS, STEP, SAILOR STEP, SAILOR STEP, CROSS, UNWIND, HOLD

- 1 Left foot kick forward
- 2 Left foot cross behind right foot
- & Right foot step right
- 3 Left foot step left
- 4 Right foot cross behind left foot
- & Left foot left to left side
- 5 Right foot step to right side
- 6 Left foot locked behind right
- 7 Unwind one full turn (weight ends on right, left leg slightly bent)
- 8 Hold

HEAD DOWN, HEAD UP, HIP BUMPS X 4 KICK, STEP, POINT, STEP, ½ TURN LEFT, KNEE DIP TO RIGHT

- & Look into the floor with your head
 - 1 Flick up your head
 - & Hip bump to left (at the same time you make your hip bumps lift one shoulder up and the other down, repeat to step &2&3)
 - 2 Hip bump to right
 - & Hip bump to left
 - 3 Hip bump to right
 - 4 Left foot kick forward
 - & Left foot step forward
 - 5 Right foot point to right side
 - 6 Right foot step forward
 - 7 Turn ½ left (weight ends on right foot)
 - 8 Turn ¼ to right as you keep your knees together
- Lower your body and keep your upper body slightly facing forward

¼ TURN BACK, SHUFFLE WITH ¼ TURN RIGHT, STEP, STEP, CHUG ¼ LEFT, SHUFFLE, STEP

- 1 Turn ¼ back left as you keep your knees together and rises up again
- 2 Left foot forward
- & Right foot next to left foot

- 3 Left foot forward as you make a $\frac{1}{4}$ turn to right
- 4 Right foot step forward
- 5 Left foot step forward
- & Right foot chug as you turn $\frac{1}{4}$ left and point to right
- 6 Right foot step diagonally forward to right
- & Left foot next to right foot
- 7 Right foot step diagonally forward to right
- 8 Left foot step next to right foot (with weight)

REPEAT
