

# Hands Up

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Sandy Russell (SCO)  
音樂: Hands Up (Give Me Your Heart) - Ottawan



## FORWARD ROCK, SHUFFLE BACK, BACK ROCK, SHUFFLE ½ TURN

1-2            Step forward on right, rock weight back onto left  
3&4           Step back on right, step left next to right, step back on right  
5-6           Step back on left, rock weight forward onto right  
7-8           Shuffle ½ turn right, left, right, left

## ¼ TURN-TOUCH, SIDE TOUCH, & CROSS-SIDE, COASTER STEP

1-2            ¼ turn right stepping right to right side, step left next to right  
3-4            Step right to right side, touch left next to right  
&5-6          Step left next to right, cross right over left, step left to left side  
7&8           Step back on right, step left next to right, step forward on right

## STEP-½ TURN, TRIPLE ½ TURN, BACK ROCK, KICK BALL-CHANGE

1-2            Step forward on left, pivot ½ turn right  
3&4            Triple ½ turn right, stepping on left, right, left  
5-6            Step back on right, rock weight forward onto left  
7&8            Kick right forward, step in place on right, step left next to right

## SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

1-2            Step right to right side, rock weight onto left  
3&4            Cross shuffle right over left  
5-6            Step left to left side, rock weight onto right  
7&8            Cross shuffle left over right

## ¼ TURN LEFT, ½ TURN LEFT, STEP FORWARD ON RIGHT, ¼ TURN LEFT

1-4            Turn ¼ turn left, turn ½ turn left, step forward on right, turn ¼ turn left  
5-6            Cross shuffle right over left  
7-12          Repeat above 1-6 to left side

## SIDE TOUCH, SIDE TOUCH

1-4            Step right to right side, touch left beside right, step left to left side, touch right beside left

## REPEAT

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