

Hands Up!

拍數: 0 牆數: 0 級數:
編舞者: Chen Kuo-Wei (SG)
音樂: Hands Up (Give Me Your Heart) - Ottawan



Sequence: Intro, A, B, C, A, B, C, A, B, C, Tag, A, A, B, C 24, A, B, A
Dedicated to our "Matinee" dancers at FarEast Plaza, Scotts Road, Singapore

INTRO

Optionally start on first 16 counts with the following introduction

SIDE TOGETHER, SIDE TOGETHER

1-8 Step right foot to right side, step left foot next to right (repeat 4 times)

Arms: left hand akimbo, right forearm traverse from navel to the right to right shoulder in tandem with your right count, so you "wave" 8 times!

9-16 Step left foot to left side, step right foot next to left (repeat 4 times)

Arms: right hand akimbo, left forearm traverse from navel to the left to left shoulder, as you "wave" 8 times)

17-32 Repeat the above

PART A

ROCKING CHAIR, HAND MOVEMENTS

1-2 Step forward on right (at the same time swing both arms high up "hands up") recover weight on left foot (at the same time swing both arms down and back)

3-4 Step right ball of foot to the back (both arms still stretched behind), recover weight on left (begin to swing arms forward again)

5-8 Repeat 1-4 (for attitude, please lean back and bow forward as you swing your arms!)

9-10 Step forward on right foot, on count 2 point both hands at somebody

11-12 Weight transfer to left, cross both arms in front of your chest for 2 counts

13-16 Repeat counts 9-12

17-32 Repeat all the above

PART B

PEDAL FULL TURNS, LEFT AND RIGHT

1-8 Step on right foot, pedal turn over 8 counts to the left (full turn)

9-16 Do a mirror image, pedal turn right over 8 counts (full turn)

Arms: for attitude, spread your arms in a happy fashion! Or fly like a bird?!

PART C

SIDE TOGETHER, SIDE TOGETHER, KNOCKING KNEES

1-16 Repeat the intro above

17-24 Feet apart, body slightly crouched, bring both knees together as you swing both arms across your body over 8 counts

25-48 Repeat counts 1-24

TAG

WALK FORWARD, KICK, WALK BACK

1-4 Walk forward, right, left, right, kick out on left

5-8 Walk back left, right, left and touch right foot next to left

Form the usual grid lines. However, have the rows facing each other, e.g. Front row facing second row, third row facing fourth row etc.