

# 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.**