

Hands Up!

拍數: 48 牆數: 4 級數: Beginner
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音樂: Hands Up (Give Me Your Heart) - Ottawan



STEP, TOUCH WITH RIGHT HAND UP, STEP, TOUCH WITH LEFT HAND UP, ROCK HOLDS

- 1-2 Step right foot to right side, touch left foot to left side, and straighten up with right hand
- 3-4 Step left foot to left side, touch right foot to right side, and straighten up with left hand
- 5-6 "Sway" right while stepping on right, hold, while both hands up
- 7-8 "Sway" left while stepping on left, hold, while both hands up

STEP, TOGETHER, STEP, TOUCH, CLAP, TWICE

- 1-2 Step right foot to right side, step left foot next to right
- 3-4 Step right foot to right side, touch left foot beside right with clap
- 5-6 Step left foot to left side, step right foot next to left
- 7-8 Step left foot to left side, touch right foot beside left with clap

STEP, TOUCH WITH RIGHT HAND UP, STEP, TOUCH WITH LEFT HAND UP, ROCK HOLDS

- 1-2 Step right foot to right side, touch left foot to left side, and straighten up with right hand
- 3-4 Step left foot to left side, touch right foot to right side, and straighten up with left hand
- 5-6 "Sway" right while stepping on right, hold, while both hands up
- 7-8 "Sway" left while stepping on left, hold, while both hands up

STEP, TOUCH, STEP, TOUCH, BACK TOUCH, BACK, TOUCH

- 1-2 Step right foot diagonally forward, touch left foot beside right with snap
- 3-4 Step left foot diagonally forward, touch right foot beside left with snap
- 5-6 Step right foot diagonally backwards, touch left foot beside right with snap
- 7-8 Step left foot diagonally backward, touch right foot beside left with snap

STEP, ½ TURN LEFT, CROSS, TOUCH, TWICE

- 1-2 Step forward on right, hold
- 3-4 Pivot ½ turn left, hold (weight on left)
- 5-6 Step right foot across left, touch left foot to left side
- 7-8 Step left foot across right, touch right foot to right side

TURNING JAZZ BOX, CIRCLE HIPS RIGHT LEFT

- 1-2 Step right foot across left, step back on left foot with ¼ turn right
- 3-4 Step right foot to left side, step left foot beside left
- 5-6 Circle hips back to the right and place both hands on back pockets
- 7-8 Circle hips back to the left and place both hands on back pockets

REPEAT
