

Hands Off!

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Maureen Jones (UK) & Michelle Jones (UK) - January 2008
音樂: Piece of Me - Britney Spears : (CD Single)



Intro: 16 counts

HITCH, BACK, LEAN BACK, RECOVER, HITCH-BALL-BACK, TOUCH BACK, ½ PIVOT

1-2 Hitch right, step right back
3-4 Lean back onto right (bending right knee), recover forward onto left
5&6 Hitch right, step right back, step left back
7-8 Touch right back, pivot ½ turn right (weight on right)

MAKE ¼ TURN, HIP BUMPS WITH GLANCES, BACK ROCK, TOUCH, ¾ SPIN TURN, STEP

9-10 Make ¼ turn right and bump hips left & look left, bump hips right & look right
11&12 Bump hips left, right, left & look left
13-14 Rock back on right, recover onto left
15&16 Touch right forward, on ball of left spin ¾ turn left, step right to right

CROSS, HITCH, TOUCH WITH HIP BUMP, HITCH, BACK, LOOK BACK WITH HIP SLAP, STEP

17-18 Step left across right, hitch right
19-20 Touch right to right and push hips right, hitch right
21-22 Step right back, look back and slap right hand on right hip
(alternative option: count 22: look back and click right fingers back)
23 Step left forward (looking forward)

LOCK SHUFFLE, BRUSH-HITCH-CROSS, DIAGONAL BACK STEPS, CROSS, UNWIND ¾ TURN

24&25 Step right forward, lock left behind right, step right forward
26&27 Brush left forward, hitch left, step left across right
28-29 Step right diagonally back right, step left diagonally back left
30-32 Touch right across left, unwind ¾ turn left over 2 counts (weight

Begin again.
