

# Hands On

拍數: 32      牆數: 4      級數: High Beginner / Low Intermediate  
編舞者: Guyton Mundy (USA) - December 2009  
音樂: Put Your Hands On Me - Joss Stone



## 16 Count intro

### (1-8) Heel, ball side walks, 1/4 turn step, 1/4 turn scuff, 1/4 turn hitch, 1/4 turn back, coaster

- 1&2      walk right foot to right heel, toe, heel (left foot is hitched slightly)  
3-4      make a 1/4 turn to the left stepping forward in left, scuff right forward as you make a 1/4 turn to left  
5-6      make a 1/4 turn to left while hitching right up, make a 1/4 turn to left as you step back on right  
7&8      step back on left, step together with right, step forward on left

### (9-16) hip bumps X2, side rock, recover, cross, side rock, recover, rock

- 1-2      touch right forward as you bump hips to right, step down on right  
3-4      touch left forward as you bump hips to left, step down on left  
5&6      rock right to right, recover on left, cross right over left  
7&8      rock left to left, recover on right, rock forward on left

### (17-24) recover, half turn, half turn tripple, step back, coaster, step.

- 1-2      recover on right, make a half turn over left shoulder stepping forward on left  
3&4      make a 1/4 turn to left stepping right to right, make a 1/4 turn to left stepping back on left step back on right  
5      step back on left  
6&7      step back on right, step together with left, step forward on right  
8      step forward on left

### (25-32) kicks X3, touch behind, 1/4 kicks X3 hook behind, 1/2 turn unwind

- 1&2&      kick right forward, step together with right, kick left forward, step together with left  
3&      touch right behind left, step together with right  
4&5&      kick left forward, step together with left, kick right forward, step together with right

### (while making a 1/4 turn to the left)

- 6-7-8      hook left behind right, unwind a 1/2 turn over left shoulder with weight ending on right...

End of dance....have fun