

Hands Up Baby Hands Up!

COPPER **KNOB**
BY STEPHEN

拍數: 48 牆數: 4 級數: Improver / Intermediate
編舞者: Louise Elfvengren (NOR) - January 2010
音樂: Hands Up - Ottawan



Start at vocals "Hands up"

Section 1

ROCK FW REC. SHUFFLE BW, ROCK BW REC. SHUFFLE FW

1-2 Rock right forward, recover onto left.
3&4 Step right back, step left beside right, step right back.
5-6 Rock back on left, recover onto right.
7&8 Step left forward, step right beside left, step left forward

Section 2

STEP TURN ½ LEFT, SHUFFLE FW, WALK BW, COASTER STEP

1-2 Step right forward, turn ½ left stepping forward on left.
3&4 Step forward on right, step left beside right, step forward on right.
5-6 Walk back left, right.
7&8 Step left back, step right next to left, step forward on left.

Section 3

WALK x 2, LOCK STEP, STEP, TURN ¼ RIGHT WITH FLICK, KICK BALL CHANGE

1-2 Walk forward right, left.
3&4 Step forward right, lock left behind, step forward on right.
5-6 Step forward left, turn ¼ right kicking your right leg back and up
7&8 Kick right forward, step down on right, step down on left.

Section 4

ROCK FW, ½ TRIPLE TURN RIGHT BW, HEEL HOOK, CHASSE LEFT

1-2 Rock right forward, recover onto left.
3&4 ½ triple turn right stepping right-left-right.
5-6 Left heel forward, hook left foot in front of right.
7&8 Step left to left side, step right next to left, step left to left side.

Section 5

HEEL HOOK, CHASSE RIGHT, ROCK FW, COASTER STEP

1-2 Right heel forward, hook right foot in front of left.
3&4 Step right to right side, step left next to right, step right to right side.
5-6 Rock left forward, recover onto right.
7&8 Step left back, step right beside left, step forward left.

Section 6

ROCKING CHAIR, FULL TURN WALKING

1-4 Rock right forward, recover onto left, rock right back, recover onto left
5-8 Turn left, walking full turn right-left-right-left.