

Hands Up Beginner

COPPER **KNOB**
BYEPOSTETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Charlotte Neckelmann (DK) - August 2010
音樂: For the Lovers - Whitney Houston : (CD: I Look To You)



32 counts intro

Split floor dance to Choreographer: Craig Bennett, England (Hands Up)

Walk Forward. Right Mambo Forward Left Mambo Back. Toe Point, R & Toe Point L

1-2 Walk forward right(1) walk forward left (2) 12:00
3&4 Rock forward w/Right foot (3)step in place w/left foot (&)bring right foot next to left (4) 12:00
3&4 Rock back w/left foot (5) step in place w/right foot (&) bring left foot next to right (6) 12:00
7&8 Touch right toe out to right side (7), step right next to left (&), touch left toe out to left side (8) 12.00

¼ Turn Left & Step Touches Forward Diagonally X2 .Point

1-2 Make ¼ turn left on left foot (1) Drop Left heel to floor. (2) 9:00
3-4 Step diagonally forward right(3) touch left together (4) 9:00
5-6 Step diagonally forward left(5) touch right together(6) 9:00
7-8 Tap right toes forward.(7) tap right toes to side.(8) 9:00

Rock. Step ½ Turn. Step Lock Step X2 Right & Left

1-2 Rock on right (1) recover left (2) 9:00
3-4 Stepping forward on right make ½ turn over left Shoulder (7)and weight back on left (8) 3:00
5&6 Step forward on right (5) Lock left behind right.&) Step forward on right (6) 3:00
7&8 Step forward on left (7) Lock right behind left (&) Step forward on left Step (8) 3:00

Kick X2 Sailor Right. Kick X2 Sailor Left

1-2 Kick Right (1)side kick Right (2)(kick down slightly with the foot) 3:00
3&4 Sailor step right (3)left (&)right (4) 3:00
5-6 Kick, left (5)side kick left (6) (kick down slightly with the foot) 3:00
7&8 Sailor Left behind right ¼ turn left (7)stepping forward right(&)S tep left forward (8) 3:00

Start Again

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