

# Throw Ya Hands Up

**COPPERKNOB**  
STEPSHEETS

拍數: 66      牆數: 2      級數: Phrased Improver  
編舞者: Alice Lim (SG) - August 2011  
音樂: Throw Ya Hands Up - Stereos



Intro: 34 counts - Sequence : ABTag, A-B, ABTag, Ending

## PART A (34 Counts)

### Cross Rock Side, Tap Tap $\frac{1}{4}$ turn, Fwd Pivot $\frac{1}{2}$ turn Fwd, Side rock Cross

1&2      R cross over L, L recover, R big step to side  
3&4      Tap L beside R 2X, Turn  $\frac{1}{4}$  L stepping L fwd (9.00)  
5&6      R fwd, Turn  $\frac{1}{2}$  L stepping L fwd, R fwd (3.00)  
7&8      L rock to side, R recover, L cross over R

### Side Rock Cross, $\frac{1}{4}$ turn $\frac{1}{4}$ turn Side, Fwd Hitch Touch Turn, L Mambo Step

1&2      R rock to side, L recover, R cross over L,  
3&4&      Turn  $\frac{1}{4}$  R stepping L back, Turn  $\frac{1}{4}$  R stepping R to side, L fwd, R hitch (9.00)  
5-6      L touch out, Turn  $\frac{1}{4}$  R stepping R together (12.00)  
7&8      L rock to side, R recover, L together

### Side Cross Side-kick, Sailor $\frac{1}{4}$ turn, Fwd Pivot $\frac{1}{4}$ turn

1&2      R to side, L cross over R, small jump R to side kicking L out to L side  
3&4      Sweep L behind R, Turn  $\frac{1}{4}$  L stepping R to side, L fwd  
5-6      R fwd, Turn  $\frac{1}{4}$  L stepping L fwd (6.00)

### Heel Switches & Back Shuffle, Back rock kick & Walk Walk

1&2&      R heel fwd, R together, L heel fwd, L together  
3&4      R back, L together, R back  
5&6&      L back, R recover, L kick fwd, L together  
7-8      Walk R fwd, L fwd

Note :the 2nd A ends here

## R Monterey half turn

1-2      R touch out, Turn  $\frac{1}{2}$  R stepping R together  
3-4      L touch out, Step L together (12.00)

## PART B (32 counts)

### Kick & Touch, Kick & Touch, Sailor $\frac{1}{4}$ turn, L Mambo Step

1&2      R kick fwd, R together, L touch out (turn body slightly to R side & stretch L hand up)  
3&4      L kick fwd, L together, R touch out (turn body slightly to L side & stretch R hand up)  
5&6      R behind L, Turn  $\frac{1}{4}$  R stepping L to side , R fwd (3.00)  
7&8      L to side, R recover, L together

### Kick & Touch, Kick & Touch, Sailor $\frac{1}{2}$ R turn, L Shuffle

1&2      Same as 1&2 of above section  
3&4      Same as 3&4 of above section  
5&6      R behind L, Turn  $\frac{1}{2}$  R stepping L to side, R fwd (9.00)  
7&8      L fwd, R together, L fwd

### Kick & Touch, Kick & Touch, Sailor $\frac{1}{4}$ R turn, L Mambo Step

1&2      Same as 1&2 of above section  
3&4      Same as 3&4 of above section  
5&6      R behind, Turn  $\frac{1}{4}$  R stepping L to side , R fwd (12.00)

7&8 L to side, R recover, L together

**Kick & Touch, Kick & Touch, Sailor ½ R turn, L Shuffle**

1&2 Same as 1&2 of above section

3&4 Same as 3&4 of above section

5&6 R behind, Turn ½ R stepping L to side, R fwd (6.00)

7&8 L fwd, R together, L fwd

**TAG: Add 2 counts tag at end of 1st and 3rd B:**

1-2 R fwd, Pivot ½ turn L stepping L fwd (12.00)

**Ending : After the 2nd tag, do the following 4 counts :**

1&2& Run fwd RLR, step L together

3&4 Arms only - (3) Cross arms (R fingers on L shoulder and L fingers on R shoulder), (&) Open arms (R fingers now on R shoulder and L fingers on L shoulder), (4) Extend both hands up

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