

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
