

Hands Up

Count: 32

Wand: 4

Ebene: High Beginner / Improver

Choreograf/in: Naning Olala (INA) & Astri Dwi (INA) - May 2025

Musik: HANDS UP - MEOVV



Tag : After wall 3 & wall 8

S1. WEAVE, CROSS SHUFFLE, SIDE ROCK

1 - 4 Cross R over L - Step L to side - Cross R behind L - Step L to side
5&6 Cross R over L - Step L to side - Cross R over L
7 - 8 Rock L to side - Recover on R

S2. WEAVE, CROSS SHUFFLE, SIDE ROCK, FLICK

1 - 4 Cross L over R - Step R to side - Cross L behind R - Step R to side
5&6 Cross L over R - Step R to side - Cross L over R
7 - 8 Rock R to side - Recover on L and flick R back

S3. FORWARD LOCK SHUFFLE, PIVOT 1/2 TURN RIGHT, FORWARD LOCK SHUFFLE, PIVOT 1/4 TURN LEFT

1 & 2 Step R forward - Lock L behind R - Step R forward
3 - 4 Step L forward - Turn 1/2 Right
5 & 6 Step L forward - Lock R behind R - Step L forward
7 - 8 Step R forward - Turn 1/4 Left

S4. JAZZBOX CROSS, SIDE MAMBO (R & L)

1 - 4 Cross R over L - Step L back - Step R to side - Cross L over R
5 & 6 Rock R to side - Recover on L - Step R together
7 & 8 Rock L to side - Recover on R - Step L together

Tag

1 - 4 Step R forward - Hips rotated 2X