|  |  |
| --- | --- |
| Hands Up EZ |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 48 | **Wall:** | 1 | **Level:** | Phrased Improver | . |
| **Choreographer:** | John Dembiec (USA) - August 2019 | | | | |
| **Music:** | Hands Up (feat. DNCE) - Merk & Kremont | | | | |
| . | | | | | | |

**(\*\*Sequence : A,B-,A,B,A,B-,A,B,AAA)**

**PART A: 32 counts**

**[1-8] SIDE BACK TOUCK (X2), V-STEP**

|  |  |
| --- | --- |
| 1-2 | Step R to R, Touch L slightly behind R (Bring hands up during chorus on; “hands up”) |

|  |  |
| --- | --- |
| 3-4 | Step L to L, Touch R slightly behind |

|  |  |
| --- | --- |
| 5-6 | Step R out to R diagonal, Step L out to L diagonal (Bring hands up during chorus) |

|  |  |
| --- | --- |
| 7-8 | Step R back to center, Step L back next to R |

**[9-16] ¼ JAZZ BOX CROSS, VINE**

|  |  |
| --- | --- |
| 1-2 | Step R over L, Step L back |

|  |  |
| --- | --- |
| 3-4 | Making ¼ turn R step R to R, Step L over R (3:00) |

|  |  |
| --- | --- |
| 5-8 | Step R to R, Step L behind R, Step R to R, Step L next to R |

**(Note: Counts 5-8 may be syncopated as weave. &5&6&7&8)**

**[17-24] FORWARD TOUCH, BACK TOUCH, SIDE TOUCHES, ¼ TURN**

|  |  |
| --- | --- |
| 1-2 | Step R forward, Touch L next to R (Bring hands up during chorus; “hands up”) |

|  |  |
| --- | --- |
| 3-4 | Step L back, Touch R next to L |

|  |  |
| --- | --- |
| 5-6 | Step R to R, Touch L slightly behind R (Bring hands up on count 6) |

|  |  |
| --- | --- |
| 7-8 | Making ¼ turn L Step L forward (12:00), Touch R next to L |

**[25-32] STEP SLIDE TOUCH, HIP BUMPS (X2)**

|  |  |
| --- | --- |
| 1-2 | Step R forward, Slide and touch L next to R |

|  |  |
| --- | --- |
| &3&4 | Bump hips L, R, L, R |

|  |  |
| --- | --- |
| 5-6 | Step L to L, Slide and touch R next to L |

|  |  |
| --- | --- |
| &7&8 | Bump hips R, L, R, L |

**PART B: 16 counts**

**[1-8] STEP, ¼ TOUCH, ¼ TURN, TOUCH,SIDE TOUCHES**

|  |  |
| --- | --- |
| 1-2 | Step R forward, Making ¼ turn L Touch L next to R (9:00) |

|  |  |
| --- | --- |
| 3-4 | Making ¼ turn L Step L forward (6:00), Touch R next to L |

|  |  |
| --- | --- |
| 5-8 | Step R to R, Touch L next to R, Step L to L, Touch R next to L |

**[9-16] REPEAT 1-8, SEE NOTE BELOW FOR HOLD**

**On count 5 for B-, step as normal, Hold counts 6-8. Shift weight to L before Part A**

**Styling note, on hold you may roll hips R to L**

**REPEAT AND HAVE FUN !!!!!!**

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