Hands Up

Count: 96 **Wall:** 4 **Level:** Phrased High Beginner
Choreographer: Indahwati Rahardja (INA) & Bill Baron (USA) - November 2020
Music: Hands Up (Remix) - Ottawan

SEQUENCE AB AB AB bridge A-A-
#60 count intro, 28 counts then the flute plays for 32

PATTERN A: 48 counts
[1-8] SIDE STEP, RAISE HANDS, SIDE STEP, RAISE HANDS

1-2	Step RF to side, step LF next to RF,
3-4	Raise and lower R hand, raise and lower L hand
5-6	Step LF to side, step RF next to LF
7-8	Raise and lower L hand, raise and lower R hand

[9-16] ROCKING CHAIR, STEP 1/2 TURN, STEP OUT-OUT

1-2	Step RF forward R, recover on LF
3-4	Step RF back, recover on LF
5-6	Step RF forward, pivot 1/2 turn L
7-8	Step RF forward slight diagonal, step LF forward slight diagonal

[17-24] SIDE STEP, RAISE HANDS, SIDE STEP, RAISE HANDS

1-2	Step RF to side, step LF next to RF,
3-4	Raise and lower R hand, raise and lower L hand
5-6	Step LF to side, step RF next to LF
7-8	Raise and lower L hand, raise and lower R hand

[25-32] ROCKING CHAIR, STEP 1/2 TURN, SHUFFLE, STEP OUT-OUT

1-2	Step RF forward R, recover on LF
3-4	Step RF back, recover on LF
5-6	Step RF forward, pivot 1/2 turn L
7-8	Step RF forward slight diagonal, step LF forward slight diagonal

[33-40] WEAVE,HIP BUMPS

1-2	Cross RF over LF, step LF to side,
3-4	Step RF behind LF, step LF to side 1/4 turn L
5-6	Step RF to side with R hip bump, shift weight to LF with hip bump
7-8	Shift weight to RF with hip bump, shifts weight to LF with hip bump

[41-48] ROCK RECOVER, 1/2 TURN SHUFFLE, ROCK RECOVER, COASTER

1-2	Step RF forward, recover LF,
3&4	Step RF back 1/2 turn R, step LF next to RF, step RF forward
5-6	Step LF forward, Recover RF,
7&8	Step LF back, step RF next to LF, step LF forward

PATTERN B: 48 counts
[1-8] SIDE TOUCHES, SIDE STEPS)

1-2	Step RF to side touching, close together
3-4	Step LF to side touching, close together
5-6	Step RF to side, step LF beside RF
7-8	Step RF to side, touch LF beside RF

[9-16] SIDE TOUCHES, SIDE STEPS)

1-2	Step LF to side touching, close together
3-4	Step RF to side touching, close together
5-6	Step LF to side, step RF beside LF
7-8	Step LF to side, touch RF beside LF

[17-24] HEEL TOUCHES TURNING !/4 R (1/8 2X)

1-2	Step RF forward turning 1/8 R and touching heel, recover
3-4	Step LF forward touching heel, recover
5-6	Step RF forward turning 1/8 R and touching heel, recover
7-8	Step LF forward touching heel, recover

[25-32] HIP BUMPS, HIP ROLL

1&2	Step RF to side hip bumping R, hip bump L, hip bump R
3&4	Hip bump L, hip bump R, hip bump L
5-8	Starting at L 360 degree hip roll ending weight on L

[33-40] K-STEP

1-2	Step R forward diagonal, step L beside R touching
3-4	Step L back diagonal, step R beside L touching
5-6	Step R back diagonal, step L beside R touching
7-8	Step L forward diagonal, step R beside L touching

[41-48] ROLLING GRAPEVINE 2X

1-2	Step R to side turning 1/4 turn R, step L turning 1/4 turn R
3-4	Step R turning 1/2 turn R, step L beside R touching
5-6	Step L to side turning 1/4 turn L, step R turning 1/4 turn L
7-8	Step L turning 1/2 turn L, step R beside L touching

BRIDGE: DURING WALL 6, AFTER 40 counts and facing 6 o'clock there is an 8 count bridge.
This works well with arms extended outward.

1-2	Step R 1/4 turn R, step L beside R
3-4	Step R 1/4 turn R, step L beside R
5-6	Step R forward with R hip bump, step L forward with hip bump
7-8	Shift weight to RF with hip bump, shifts weight to LF with hip bump

RESTART There is a restart during wall 7 after 32 count

ENDING Dance A thru count 42. Then do

43-44	Step RF back 1/4 turn R, step LF next to RF, step RF forward (same as original but now 1/4 turn instead of 1/2 turn)
45-46	Cross LF over RF, step RF to side

The dance will end facing 12 o'clock
Helpful hints. The dance flows clockwise. All pattern A's start at 12 or 6 o'clock. All pattern B's start at 3 or 9 o'clock. Sequencing A12, B3, A6, B9, A12, B3, bridge 6, A-12, A-12
