Hands Up

Count: 32 **Wall:** 4 **Level:** Beginner WCS

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Music: HANDS UP (feat. pH-1) - Henry

[1-8] Forward Rock & Recover, Backward X3, Backward Rock & Recover, Diagonal Forward Step With Knee Out, Touch (L&R)

1 2	RF Step forward, LF Recover
3&4	RF Step backward, LF Step backward, RF Step backward
5 6	LF Step backward, RF Recover,
7 &	LF Step diagonal forward L knee out, RF Touch together knee in
8 &	RF Step diagonal forward R knee out, LF Touch together knee in

[9-16] Forward Rock & Recover, 1/2 Turn L, 1/2 Turn L, Backward Rock & Recover, Side Step, 1/8 Turn L Jumping X2

1 2	LF Step forward, RF Recover
3 4	LF 1/2 Turn L Step forward, RF 1/2 Turn L Step backward
5 6	LF Step backward, RF Recover
7&8	LF Step L, RF 1/8 Turn L Step together with BF jump, BF 1/8 Turn L jump (9:00)

[17-24] Heel Touch Swithch, Side big Step Touch (R & L)

1&2&	RF Touch heel forward, RF Step together, LF Touch heel forward, LF Step together
3 4	RF Step R side big, LF Touch together
5&6&	LF Touch heel forward, LF Step together, RF Touch heel forward, RF Step together
7 8	LF Step L side big, RF Touch together

[25-32] Step Touch X2, Diagonal Forward Step Touch X4

1234	RF Step R, LF Touch L, LF Step L, RF Touch R *You can do hip circles in 1~4count
5&6&	RF Step diagonal forward R, LF Touch together, LF Step diagonal forward L, RF Touch together
7&8&	RF Step diagonal forward R, LF Touch together, LF Step diagonal forward L, RF Touch together

[TAG] Forward Rock & Recover and Body Roll

1-4	RF Step forward, LF Recover, RF Step forward, LF Recover

Last Update - 9 Dec 2020