

HANDS UP

Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: CRAIG BENNETT, ENGLAND (Oct '09)

Music: For the lovers by Whitney Houston From Album: I look to you



Walk Forward, Rock Forward, Rock Side, Right Sailor, Left sailor ¼

- 1-2 Walk forward right, walk forward left
- 3&4& Rock forward onto right, Recover onto left, Rock right to right side, Recover to left side
- 5&6 Right behind left, Left slightly to left side, step right next to left
- 7&8 Left behind right ¼ turn left stepping forward right, Step left forward (9:00)

Step ½ turn And Bumps, Rock, Recover, Behind, Side, Cross

- 1-2 Step forward right, Make ½ turn pivot left (3:00)
- &3&4& Bump left hip forward, Bump right hip back, Bump left hip forward, Bump right hip back, Bump Left hip forward making ¼ turn right (6:00)
- 5-6 Rock right to right side, Recover onto left side
- 7&8 Right behind left, step left to left side, Cross right over left

Side rock back recover, Side rock back recover, Step ½, ½ step

- 1-2& Step left to left side, Rock back onto right, Recover forward onto left
- 3-4& Step right to right side, Rock back onto left, Recover forward onto right
- 5-6 Step forward left, Step forward right
- 7-8 ½ left pivot, ½ left stepping right in place (6:00)

Rock ¼ Step, Step ½ step, Full turn forward

- 1-2 Rock left to left side, Recover making ¼ turn right stepping forward right (9:00)
- 3-4 Step forward left, Step forward right
- 5-6 ½ turn left pivot, Step forward right (3:00)
- 7&8 Full Turn forward turning left, right, left (3:00)