

Hands Up

Count: 48

Wall: 1

Level: Beginner - Line and Wheelchair

Choreographer: Sonja Hemmes (USA) - March 2018

Music: Hands Up - Ottawan



Start after 48 Counts

***While this dance was choreographed for people in wheelchairs, it is fun for all dancers**

COASTER FORWARD

- 1-2 Step right forward, step left forward next to right
- 3-4 Step right back, step left back next to right
- 5-6 Step right forward, step left forward next to right
- 7-8 Step right back, step left back next to right

Styling: Each time you step forward, raise both hands up

Each time you step back, lower your hands

STEP TOUCHES TO THE SIDE

- 1-2 Step right to right side, touch left next to right
- 3-4 Step left to left side, touch right next to left
- 5-6 Step right to right side, touch left next to right
- 7-8 Step left to left side, touch right next to left

Styling: -

Each time you step touch to the right, sway hands to the right

Each time you step touch to the left, sway hands to the left

COASTER FORWARD

- 1-8 Repeat steps 1-8 Coaster Forward and repeat styling

STEP TOUCHES TO THE SIDE

- 1-8 Repeat steps 9-16 Step Touches to the Side and repeat styling

STEP TOUCHES FORWARD, BACK DIAGONALLY (K-STEP)

- 1-2 Step right forward diagonally, touch left next to right
- 3-4 Step left back diagonally, touch right next to left
- 5-6 Step right back diagonally, touch left next to right
- 7-8 Step left forward diagonally, touch right next to left

VINE RIGHT, VINE LEFT WITH TOUCHES

- 1-4 Step right to the right, step left behind right, step right to the right, left touch
- 5-8 Step left to left side, step right behind left, step left to left side, right touch

TAG: At the end of the 6th rotation, there is an 8 count tag. Repeat vine right, vine left with touches.

RESTART: After the tag, dance counts 1-32. Restart and dance counts 1-32 again