

# Hands Down

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Jo Miller (USA)

**Musique:** Hot Stuff - Donna Summer



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## HAND CIRCLES, HITCHHIKER

- 1-4 Right hand circles out to side with palm down twice, then left hand circles twice  
5-8 Low hitchhiker-right thumb out & back twice, left thumb out & back twice, hands stay about waist high

## HAND ROLLS

- 1-8 Roll the hands over each other, right twice, center twice, left twice, center twice

## SHOULDER TOUCHES AND LIFTS

- 1 Cross the hands at the chest and touch right hand to left shoulder and left hand to right shoulder  
2 Uncross hands and touch right hand to right shoulder, left hand to left shoulder  
3&4 Bend knees & drop hips down as you slap the top of your thighs 3x, finger tips pointing towards the floor  
5-6 Leave hands on thighs, and as you start to stand up, raise right shoulder up then left shoulder up  
7&8 Raise shoulders right, left, right as you finish standing up

## ROCK, MAMBO STEPS AND ¼ TURN TO LEFT

- 1-2 Step to right with right foot and rock weight back onto the left foot  
3&4 Shuffle in place  
5-6 Step to the left with left foot and rock weight back onto the right foot  
7&8 Make a ¼ turn to the left as you shuffle in place

## REPEAT

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