

Hands Up

拍数: 96 墙数: 4 级数: Phrased High Beginner
编舞者: Indahwati Rahardja (INA) & Bill Baron (USA) - November 2020
音乐: 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 1/4 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
