

# Hands On Me

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Phrased Beginner  
编舞者: Greesita Wiranegara (INA) - October 2023  
音乐: Hands On Me (feat. Meghan Trainor) - Jason Derulo



DANCE BEGIN APPROX 20 SECONDS  
SEQUENCE: AABBAABBAABB  
END LAST WALL DANCE B 24C

## PART A:

### SECTION 1: BACK ROCK R, TRIPLE STEP(R,L,R), BACK ROCK L, ¼ TURN R TRIPLE STEP(L,R,L)

1-2      Step RF back rock, recover on LF  
3&4      Step RF to R side, step LF beside RF, step RF to R side  
5-6      Step LF back rock, recover on RF  
7&8      Step LF to L side ¼ turn R, step RF beside LF, step LF to L side (03.00)

### SECTION 2: DIAGONAL KICK FWD R,CROSS BACK, SIDE, CROSS, DIAGONAL KICK FWD L, CROSS BACK, SIDE, CROSS

1-2      Kick RF diagonal forward, step RF behind LF  
3-4      Step LF to L side step, step RF over LF  
5-6      Kick LF diagonal forward, step LF behind RF  
7-8      Step RF to R side, step LF over RF

### SECTION 3: ¼ MONTEREY TURN R, MONTEREY L, TOE STRUT R&L

1-2      Point RF to R side, turn ¼ R step RF beside LF (06.00)  
3-4      Point LF to L side, step LF beside RF  
5-6      Touch RF toe forward, drop RF heels down  
7-8      Touch LF toe forward, drop LF heels down

### SECTION 4: JAZZBOX ¼ TURN R, SIDE CLOSE R&L

1-2      Step RF over LF, step LF backward  
3-4      ¼ turn step RF to R side, step LF over RF (09.00)  
5-6      Step RF to R side, close LF next to RF  
7-8      Step LF to L side, close RF next to LF

## PART B:

### SECTION 1: DIAGONAL FORWARD R&L, DIAGONAL BACKWARD R&L

1-2      Step RF diagonal forward, step LF beside RF  
3-4      Step LF diagonal forward, step RF beside LF  
5-6      Step RF diagonal backward, step LF beside RF  
7-8      Step LF diagonal backward, step RF beside LF

### SECTION 2: REPEAT SECTION 1

### SECTION 3: TWIST, BACK HOOK L, TWIST, BACK HOOK R

1-2      Twist both heel to R, twist both heel to L  
3-4      Twist both heel to R, cross LF behind R leg below R knee  
5-6      Twist both heel to L, twist both heel to R  
7-8      Twist both heel to L, cross RF behind L leg below L knee

### SECTION 4: TWIST, BACK HOOK L, TWIST, BACK HOOK R

- 1-2 Twist both heel to R, twist both heel to L
- 3-4 Twist both heel to R, cross LF behind R leg below R knee (Arm styling on count 1-4: Fist your R hand straight to front Fist L hand up in front of your face)
- 5- 6 Twist both heel to L, twist both heel to R
- 7-8 Twist both heel to L, cross RF behind L leg below L knee (Arm styling on count 5-8: Put both hands covering your face)
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