

Hands on Me

拍数: 32 墙数: 4 级数: Beginner
编舞者: Willie Brown (SCO) - October 2023
音乐: Hands On Me (feat. Meghan Trainor) - Jason Derulo



Intro; On the word 'girl' (32 counts from first beat)
NO tags & NO restarts!

SECTION 1 – STEP, SWEEP, WEAVE, SWEEP, BEHIND, SIDE

1,2 Step forward on Right, sweep Left from back to front
3,4 Cross Left over Right, step Right to Right side
5,6 Cross Left behind Right, sweep Right from front to back
7,8 Cross Right behind Left, step Left to Left side

SECTION 2 – STEP, KICK, BACK-SIDE- ¼ TURN, KICK, COASTER STEP

1,2 Turning 1/8 Left to Left diagonal step forward on Right, kick Left forward
3,4 Step back on Left, squaring up to front wall step Right to Right side
5,6 Turning 1/8 Right to Right diagonal step forward on Left, kick Right forward
7,8 Step back on Right, squaring up to front wall close Left beside Right
1 Step forward on Right

SECTION 3 – HOLD, ¼ PIVOT CROSS, HOLD, SIDE, BEHIND

2 Hold 1 count
3,4 Step forward on Left, pivot ¼ Right taking weight on Right [3]
5,6 Cross Left over Right, hold 1 count
7,8 Step Right to Right side, cross Left behind Right

****Extra turn option below**

SECTION 4 – SIDE, DRAG, BACK ROCK, SWAY, HOLD, SWAY x2

1,2 Step Right to Right side, drag Left towards Right (no weight)
3,4 Rock back on Left, recover weight on Right
5,6 Stepping Left to Left side sway hips to Left, hold 1 count
7,8 Swap hips to Right, sway hips to Left (ensure weight is on Left)

****Whilst this a beginner level dance I've added the option of an extra full turn for more experienced dancers during counts 7&8 of Section 3 leading into counts 1&2 of Section 4**

FULL 'ROLLING' TURN

7 Turn ¼ Left and step back on Right
8 Turn ½ Left and step forward on Left
1 Turn ¼ Left and step Right to Right side

Then continue with the 'drag' for count 2 as before