

# Händer upp

拍数: 64      墙数: 2      级数: Beginner / Improver  
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音乐: Händer upp - Carola



Intro: 16 count intro, 9-10 sec.

Tag: Description at the end

Ending: Wall 8, section 2, end with one paddle turn  $\frac{1}{2}$  [06.00], step RF forward

## Section 1: Kick ball change, vine right

1&2-3&4      Kick RF forward, step RF together, step LF together, repeat  
5-8      Step RF to R, step LF behind RF, step RF to R, touch LF next to RF

## Section 2: Vine left, paddle turns [12.00->06.00]

1-4      LF to L, RF behind LF, LF to L, touch RF next to LF  
5-6      Press RF forward pushing off into  $\frac{1}{4}$  turn L [09.00]  
7-8      Press RF forward pushing off into  $\frac{1}{4}$  turn L [06.00]

## Section 3: Jazzbox and jazzbox with $\frac{1}{4}$ turn right [06.00->09.00]

1-4      Step RF in front of LF, step LF back, step RF to R, step LF in front of RF [06.00]

### \*On wall 3, TAG and RESTART here

5-8      Step RF in front of LF, step LF back, step RF to R with  $\frac{1}{4}$  turn [09.00], step LF next to RF,  
angle body slightly to L

## Section 4: Weave left, cross rock, chassé to right

1-4      Cross RF over LF, step LF to L, step RF behind LF, step LF to L  
5-6,7&8      Rock RF over LF, rock back on LF, step RF to R, step LF to RF, step RF to R

## Section 5: Cross rock right recover, chassé to left with $\frac{1}{4}$ turn left, step turn $\frac{1}{2}$ to left [09.00->12.00]

1-2      Rock LF over RF, rock back on RF  
3&4      Step LF to L, step RF to LF, step LF to L with  $\frac{1}{4}$  turn to L [06.00]  
5-6      Step RF forward, make a  $\frac{1}{2}$  turn over left shoulder, turn back on LF [12.00]  
7-8      Step RF forward, HOLD

## Section 6: Full turn clockwise, v-step [12.00]

1-4      Turn  $\frac{1}{2}$  R stepping back on LF, turn  $\frac{1}{2}$  R stepping forward on RF, step LF forward, touch RF  
next to LF [12.00]  
5-6      Step RF diagonally forward to R, step LF diagonally forward to L  
7-8      Step RF back, step LF next to RF

## Section 7: Side touch x 2, shuffle turn $\frac{1}{2}$ , forward touch [12.00->06.00]

1-2      Step RF to R, step LF next to RF  
3-4      Step LF to L, step RF next to LF, angle body slightly to R  
5&6      Step RF  $\frac{1}{2}$  to R [06.00], step LF next to RF, step RF forward  
7-8      Step LF forward, touch RF next to LF

## Section 8: Rolling hips and hands up in the air

1-8      Rolling hips 8 counts, two counts/side, start to R. End with weight on LF

Start over

TAG: Wall 3, section 3 facing [06.00] Jazzbox, forward touch x 2, rolling hips, Restart

1-4	Step RF in front of LF, step LF back, step RF to R, step LF in front of RF [06.00]
5-6	Step RF forward, touch LF next to RF
7-8	Step LF forward, touch RF next to LF,
9-12	Rolling hips 4 counts, start to R (R R L L)
<b>Restart!</b>	

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