# Hands On Me

拍数: 32

级数: Beginner

**墙数:**4 编舞者: Ann-Kristin Bekkeli-Sandvold (NOR) - April 2024

音乐: Hands On Me (feat. Meghan Trainor) - Jason Derulo



## Intro: 32 counts after the beat (aprox 20 sec)

#### Section 1 (1-8): V step x2

- Step RF to right diagonal Step LF to left diagonal 1-2
- 3-4 Step RF back to center - Step LF next to RF
- Repeat 1-4 5-8

## Section 2 (9-16): Side together, side right, Side together, side left

- Step RF to right side Step LF next to RF Step RF right Touch LF next to RF 1-4
- 5-8 Step LF to left side - Step RF next to LF - Step LF left - Touch RF next to LF

# Section 3 (17-24): Right vine whit touch, left vine whit 1/4 turn left

- 1-2 Step RF to right - Cross LF behind RF
- Step RF to right Touch LF next to RF 3-4
- 5-6 Step LF to left - Cross RF behind LF
- Turn ¼ to left and step forward on LF Touch RF next to LF 7-8

## Option; count 5-8 Rolling vine left with 1/4 turn left

- Turn ¼ left when stepping forward onto LF Turn ½ left when stepping RF back 5-6
- 7-8 Turn 1/4 left when stepping LF forward - Touch RF next to LF

# Section 4 (25-32): Jazzbox, jump right, jump left

- Cross RF over LF Step LF back Step RF to right side Step LF next to RF 1-4
- &5-6 Jump RF right - Touch LF next to RF - Hold
- &7-8 Jump LF left - Touch RF next to LF - Hold

#### We hope you'll enjoy it! And please take care and stay safe $\Box$

Contact: aksandvold@gmail.com