

Hands On Me

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: David Ang (MY) - June 2025
音乐: Hands On Me (feat. Meghan Trainor) - Jason Derulo



Intro: 32 counts, start dance with lyric 'girl' (approx. 20 sec)

[1 - 8] Weave, Cross Rock, Recover, Chasse R

1 - 4 Cross R over L (1), step L to L side (2), cross R behind L (3), step L to L side (4)
5 - 6 Cross R over L (5), recover on L (6)
7 & 8 Step R to R side (7), step L next to R (&), step R to R side (8) 12:00

[9 - 16] Weave, ¼ R, Pivot ½ R, ¼ R, Slide L, Hold

1 - 4 Cross L over R (1), step R to R side (2), cross L behind R (3), ¼ turn R step R forward (4)
3:00
5 - 8 Step L forward (5), pivot ½ turn R (6), ¼ turn R step L a big step to L (7), hold (8) 12:00

[17 - 24] Back Rock, Side Rock, Cross, Point, Cross, Point

1 - 4 Rock Back on R (1), recover on L (2), rock R to R side (2), recover on L (4)
5 - 8 Cross R over L (5), point L to L side (6), cross L over R (7), point R to R side (8) 12:00

[25 - 32] Rock Forward, Recover, Back, Back, Back, Sit, Forward, ¼ L Brush

1 - 4 Rock R forward (1), recover on L (2), step back on R (3), step back on L (4)

Styling option: Roll R shoulder back (3), roll L shoulder back (4)

5 - 6 Step back on R (5), sit into R hip bending knees slightly with L heel lifted (6)

Styling option: Circle R arm from front to back (5), slap R butt (6)

7 - 8 Step L forward (7), ¼ turn L brush R forward (8) 9:00