

Hands Up

拍数: 48 墙数: 4 级数: Improver
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音乐: Hands Up - Ottawan



Right, together, right, together, left, together, left, together.

- 1 RF step right.
- 2 LF next to RF.
- 3 RF step right.
- 4 Touch LF next to RF.
- 5 LF step left.
- 6 RF next LF.
- 7 LF step left.
- 8 Touch RF next LF.**

Out, out, back, back, out, out, back, back.

- 1 Step RF diagonal right forward.
- 2 Step LF diagonal left forward.
- 3 RF step backwards.
- 4 LF step backwards.
- 5 Step RF diagonal right forward .
- 6 Step LF diagonal left forward.
- 7 RF step backwards.
- 8 LF step backwards.

1/8 turn rock step, 1/8 turn rock step, 1/8 turn rock step, 1/8 turn rock step.

- 1 1/8 turn left, rock RF right.
- 2 Recover weight on LF.
- 3 1/8 turn left, rock RF right.
- 4 Recover weight on LF.
- 5 1/8 turn left, rock RF right.
- 6 Recover weight on LF.
- 7 1/8 turn left, rock RF right.
- 8 Recover weight on LF facing 18:00.

Grapevine right, Grapevine left with 4/4 turn.

- 1 RF step right.
- 2 LF cross behind RF.
- 3 RF step right.
- 4 LF touch next RF.
- 5 ¼ turn left, LF step forward.
- 6 ¼ turn left, RF close LF.
- 7 ½ turn left, LF step left.
- 8 LF touch next RF.

Rock step forward, rock step back, rock step forward, rock step back.

- 1 RF rock forward.
- 2 Recover weight on LF.
- 3 RF rock backwards.
- 4 Recover weight on LF.
- 5 RF rock forward.
- 6 Recover weight on LF.

- 7 RF rock backwards.
- 8 Recover weight on LF.

¼ turn Jazz box, knee in, knee in, knee in, knee in.

- 1 RF step forward.
- 2 ¼ turn right, LF step backwards.
- 3 RF step right.
- 4 LF step forward.
- 5 Right knee in.
- 6 Left knee in.
- 7 Right knee in.
- 8 Left knee in.

****Restart: in wall 7 after 8 counts**
