

# Hands On Me AB

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Absolute Beginner / Beginner  
編舞者: Annemaree Sleeth (AUS) - March 2024  
音樂: Hands On Me (feat. Meghan Trainor) - Jason Derulo



Split Floor to Harder Dances

No Tags Or Restarts

Written for the New Dancers at Sherbrooke U3a

This can be a 1 wall dance for brand new beginners or 4 wall

Intro: Counts 20 Seconds In Word Girl Dance Rotates Ccw

## S1 [1 – 8] SIDE, TOGETHER, FORWARD, TOUCH X 2

1 – 2      Step Right Side, Step Left Together  
3 – 4      Step Right Forward, Touch Left Beside Right  
5 – 6      Step Left Forward, Step Right Beside Left  
7 – 8      Step Left Forward, Touch/Brush Right Beside Left

## S2 [9 – 16], ROCKING CHAIR, SIDE, HOLD, BACK, RECOVER

1– 2      Rock Right Forward, Recover Left  
3 – 4      Rock Right Forward, Recover Left  
5 – 6      Large Step Slide Right Side, Hold  
7 – 8      Rock Right Behind Left, Recover Right

## S3 [17 -24] VINE ¼ L, KICK, SIDE, KICKS x 2

1 – 2      Step Left Side Right, Cross Left Slightly Behind Right  
3 – 4      Step Left ¼ Forward, Kick Right Across Left (9.00)  
5 – 6      Step Right Side, Kick Left Across Right  
7 – 8      Step Left Side, Kick Right Across Left

## S4 [25 – 32] SINGLE HIPS, DOUBLE HIPS/KNEE POPS

1 – 2      Step Right Side Push Hips Right, Hold  
3 – 4      Push Hips Left, Hold  
5 – 6      Push Hips Right, Then Left  
7 – 8      Push Hips Right Then Left Or Knee Pops

### Harder Option Styling

5 – 6      Wiggle Down Right Left Then  
7 – 8      Wiggle Up Right Left Then

Finishes to the front

Watch The Video on [annemaree sleeth Youtube](#)

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