

Hands Down

COPPER KNOB
STEPPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jo Miller (USA)
音樂: Hot Stuff - Donna Summer



HAND CIRCLES, HITCHHIKER

- 1-4 Right hand circles out to side with palm down twice, then left hand circles twice
- 5-8 Low hitchhiker-right thumb out & back twice, left thumb out & back twice, hands stay about waist high

HAND ROLLS

- 1-8 Roll the hands over each other, right twice, center twice, left twice, center twice

SHOULDER TOUCHES AND LIFTS

- 1 Cross the hands at the chest and touch right hand to left shoulder and left hand to right shoulder
- 2 Uncross hands and touch right hand to right shoulder, left hand to left shoulder
- 3&4 Bend knees & drop hips down as you slap the top of your thighs 3x, finger tips pointing towards the floor
- 5-6 Leave hands on thighs, and as you start to stand up, raise right shoulder up then left shoulder up
- 7&8 Raise shoulders right, left, right as you finish standing up

ROCK, MAMBO STEPS AND ¼ TURN TO LEFT

- 1-2 Step to right with right foot and rock weight back onto the left foot
- 3&4 Shuffle in place
- 5-6 Step to the left with left foot and rock weight back onto the right foot
- 7&8 Make a ¼ turn to the left as you shuffle in place

REPEAT
