Hands On



拍數: 32 牆數: 4 級數: High Beginner / Low Intermediate

編舞者: Guyton Mundy (USA) - December 2009 音樂: Put Your Hands On Me - Joss Stone



16 Count intro

(1-8) Heel, ball side walks, 1/4 turn step, 1/4 turn scuff, 1/4 turn hitch, 1/4 trun back, coaster		
	1&2	walk right foot to right heel, toe, heel (left foot is hitched slightly)
	3-4	make a 1/4 turn to the left stepping forward in left, scuff right forward as you make a 1/4 turn to left
	5-6	make a 1/4 turn to left while hitching right up, make a 1/4 turn to left as you step back on right
	7&8	step back on left, step together with right, step forward on left

(9-16) hip bumps X2, side rock, recover, cross, side rock, recover, rock

1-2	touch right forward as you bump hips to right, step down on right
3-4	touch left forward as you bump hips to left, step down on left
5&6	rock right to right, recover on left, cross right over left
7&8	rock left to left, recover on right, rock forward on left

(17-24) recover, nair turn, nair turn trippie, step back, coaster, step.		
1-2	recover on right, make a half turn over left shoulder stepping forward on left	
3&4	make a 1/4 turn to left stepping right to right, make a 1/4 turn to left stepping back on left step back on right	
5	step back on left	
6&7	step back on right, step together with left, step forward on right	
8	step forward on left	

(25-32) kicks X3, touch behind, 1/4 kicks X3 hook behind, 1/2 turn unwind

1&2&	kick right forward, step together with right, kick left forward, step together with left		
3&	touch right behind left, step together with right		
4&5&	kick left forward, step together with left, kick right forward, step together with right		
(while making a 1/4 turn to the left)			
6-7-8	hook left behind right, unwind a 1/2 turn over left shoulder with weight ending on right		

End of dance....have fun