

Hands Up

32 count, 4 wall, intermediate level

Choreographer: Craig Bennett (UK), October 2009

Choreographed to: "For The Lovers" by Whitney Houston

Section 1 Walk Forward, Rock Forward, Rock Side, Right Sailor, Left Sailor 1/4

1-2 Walk forward right, walk forward left

3&4& Rock forward onto right, Recover onto left, Rock right to right side, Recover to left side

5&6 Right behind left, Left slightly to left side, step right next to left

7&8 Left behind right 1/4 turn left stepping forward right, Step left forward (9:00)

Section 2 Step 1/2 turn And Bumps, Rock, Recover, Behind, Side, Cross

1-2 Step forward right, Make 1/2 turn pivot left (3:00)

&3&4& Bump left hip forward, Bump right hip back, Bump left hip forward,

Bump right hip back, Bump Left hip forward making 1/4 turn right (6:00)

5-6 Rock right to right side, Recover onto left side

7&8 Right behind left, step left to left side, Cross right over left

Section 3 Side Rock Back Recover, Side Rock Back Recover, Step 1/2, 1/2 Step

1-2& Step left to left side, Rock back onto right, Recover forward onto left

3-4& Step right to right side, Rock back onto left, Recover forward onto right

5-6 Step forward left, Step forward right

7-8 1/2 left pivot, 1/2 left stepping right in place (6:00)

Section 4 Rock 1/4 Step, Step 1/2 step, Full turn forward

1-2 Rock left to left side, Recover making 1/4 turn right stepping forward right (9:00)

3-4 Step forward left, Step forward right

5-6 1/2 turn left pivot, Step forward right (3:00)

7&8 Full Turn forward turning left, right, left (3:00)

Quelle:

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA

Tel: +44 (0)1704 392300 Fax: +44 (0)1704 501678

www.linedancermagazine.com