

# HANDS UP

**Count:** 32    **Wall:** 4    **Level:** Intermediate

**Choreographer:** CRAIG BENNETT, ENGLAND (Oct '09)

**Music:** For the lovers by Whitney Houston From Album: I look to you



## **Walk Forward, Rock Forward, Rock Side, Right Sailor, Left sailor ¼**

- 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 ¼ turn left stepping forward right, Step left forward (9:00)

## **Step ½ turn And Bumps, Rock, Recover, Behind, Side, Cross**

- 1-2                    Step forward right, Make ½ 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 ¼ 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

## **Side rock back recover, Side rock back recover, Step ½, ½ 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                    ½ left pivot, ½ left stepping right in place (6:00)

## **Rock ¼ Step, Step ½ step, Full turn forward**

- 1-2                    Rock left to left side, Recover making ¼ turn right stepping forward right (9:00)
- 3-4                    Step forward left, Step forward right
- 5-6                    ½ turn left pivot, Step forward right (3:00)
- 7&8                    Full Turn forward turning left, right, left (3:00)