Hands Up (愛我的請舉手) (zh)

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Craig Bennett (UK) - 2009年10月
Music: For the Lovers - Whitney Houston : (CD: I Look To You)

前奏： 重音開始32拍後起跳 (編舞者沒詳述)

第一段 Walk Forward, Rock Forward, Rock Side, Right Sailor, Left Sailor ¼
前走, 前下沉, 側下沉, 右水手, 左1/4轉水手

1-2 Walk forward right, walk forward left 右足前走, 左足前走

3&4& Rock forward onto right, Recover onto left, Rock right to right side, Recover to left side 右足前下沉, 左足回復, 右足右下沉, 左足回復

5&6 Right behind left, Left slightly to left side, step right next to left 右足於左足後踏, 左足略左踏, 右足併踏

7&8 Left behind right ¼ turn left stepping forward right, Step left forward (9:00) 左足於右足後踏, 左轉90度右足前踏, 左足前踏(面向9點鐘)

第二段 Step ½ Turn And Bumps, Rock, Recover, Behind, Side, Cross
踏 轉 重覆推臀, 下沉 回復, 後, 旁, 前交叉

1-2 Step forward right, Make ½ turn pivot left (3:00)
右足前踏, 左軸轉180度(面向3點鐘)

&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)
左足前推臀, 右足後推臀, 左足前推臀, 右足後推臀, 左足前推臀右轉90度(面向6點鐘)

5-6 Rock right to right side, Recover onto left side
右足右下沉, 左足回復

7&8 Right behind left, step left to left side, Cross right over left
右足於左足後踏, 左足左踏, 右足於左足前交叉踏

第三段 Side Rock Back Recover, Side Rock Back Recover, Step ½, ½ Step
側 後下沉 回復, 側 後下沉 回復, 踏 轉, 轉踏

1-2& Step left to left side, Rock back onto right, Recover forward onto left 左足左踏, 左足後下沉, 左足回復

3-4& Step right to right side, Rock back onto left, Recover forward onto right 右足右踏, 左足後下沉, 右足回復

5-6 Step forward left, Step forward right 左足前踏, 右足前踏

7-8 ½ left pivot, ½ left stepping right in place (6:00)
左軸轉180度, 左轉180度右足踏(面向6點鐘)

第四段 Rock ¼ Step, Step ½ Step, Full Turn Forward
下沉1/4踏, 踏轉踏, 前轉圈

1-2 Rock left to left side, Recover making ¼ turn right stepping forward right (9:00) 左足左下沉, 右轉90度右足前踏(面向9點鐘)

3-4 Step forward left, Step forward right 左足前踏, 右足前踏

5-6 ½ turn left pivot, Step forward right (3:00)
左軸轉180度, 右足前踏(面向3點鐘)

7&8 Full Turn forward turning left, right, left (3:00)
前轉圈-左, 右, 左(面向3點鐘)