Hands Up Baby Hands Up! (大家心連心) (zh)

Count: 48 **Wall:** 4 **Level:** Improver
Choreographer: Louise Elfvengren (NOR) - 2010年01月
Music: Hands Up - Ottawan

前奏： Start at vocals “Hands up” 唱歌起跳

第一段 Rock Fw Rec. Shuffle Bw, Rock Bw Rec. Shuffle Fw
下沉 回復, 後交換, 後下沉 回復, 前交換

1-2 Rock right forward, recover onto left. 右足前下沉, 左足回復
3&4 Step right back,step left beside right, step right back.
右足後踏, 左足併踏, 右足後踏
5-6 Rock back on left, recover onto right. 左足後下沉, 右足回復
7&8 Step left forward, step right beside left, step left forward
左足前踏, 右足併踏, 左足前踏

第二段 Step Turn ½ Left, Shuffle Fw, Walk Bw, Coaster Step
踏 轉, 前交換, 後走 走, 海岸步

1-2 Step right forward, turn ½ left stepping forward on left.
右足前踏, 左轉180度左足前踏
3&4 Step forward on right, step left beside right, step forward on right. 右足前踏, 左足併踏, 右足前踏
5-6 Walk back left, right. 後走步-左, 右
7&8 Step left back, step right next to left, step forward on left.
左足後踏, 右足併踏, 左足前踏

第三段 Walk X2, Lock Step, Step, Turn ¼ Right With Flick, Kick Ball Change
走 走, 前鎖步, 踏 右1/4帶抬, 踢併踏

1-2 Walk forward right, left. 前走步-右, 左
3&4 Step forward right, lock left behind, step forward on right.
右足前踏, 左足後鎖踏, 右足前踏
5-6 Step forward left, turn ¼ right kicking your right leg back and up
左足前踏, 右轉90度右足後抬
7&8 Kick right forward, step down on right, step down on left.
右足前踢, 右足踏, 左足踏

第四段 Rock Fw, ½ Triple Turn Right Bw, Heel Hook, Chasse Left
下沉 回復, 小三步轉, 踵 勾, 左追步

1-2 Rock right forward, recover onto left. 右足前下沉, 左足回復
3&4 ½ triple turn right stepping right-left-right.
小三步右轉180度-右, 左, 右
5-6 Left heel forward, hook left foot in front of right.
左足踵前點, 左足於右足前勾
7&8 Step left to left side, step right next to left, step left to left side. 左足左踏, 右足併踏, 左足左踏

第五段 Heel Hook, Chasse Right, Rock Fw, Coaster Step
踵勾, 右追步, 下沉 回復, 海岸步

1-2 Right heel forward, hook right foot in front of left.
右足踵前點, 右足於左足前勾

3&4 Step right to right side, step left next to right, step right to right side. 右足右踏, 左足併踏, 右足右踏

5-6 Rock left forward, recover onto right. 左足前下沉, 右足回復

7&8 Step left back, step right beside left, step forward left.
左足後踏, 右足併踏, 左足前踏

第六段 Rocking Chair, Full Turn Walking 搖椅步, 走步轉圈

1-4 Rock right forward, recover onto left, rock right back, recover onto left 右足前下沉, 左足回復, 右足後下沉, 左足回復

5-8 Turn left, walking full turn right-left-right-left.
以四走步左轉圈-右, 左, 右, 左
