

Hands Up

Count: 32

Wall: 4

Level: Beginner

Choreographer: Kat Boyd (NZ) - July 2026

Music: Hands Up - Jelly Roll



Intro: 16 counts - start the dance on the lyrics
1 easy restart

SECTION 1: ROCKING CHAIR, SIDE TOUCHES

- 1-4 Rock R forward, recover L, rock R back, recover L
- 5-6 Step R to R side, touch L beside R
- 7-8 Step L to L side, touch R beside L

SECTION 2: HALF PIVOT, FORWARD ROCK, SIDE ROCK, BACK ROCK

- 1-2 Step R forward, pivot 1/2 turn L (weight on L) [6:00]
- 3-4 Rock R forward, recover L
- 5-6 Rock R to R side, recover L
- 7-8 Rock R back, recover L

*** Restart here on Wall 9, facing [6:00]**

SECTION 3: CHARLESTON, VINE RIGHT

- 1-2 Step R forward, kick L forward
- 3-4 Step L back, point R back (weight remains on L)
- 5-8 Step R to R side, step L behind R, step R to R side, touch L beside R

SECTION 4: VINE LEFT WITH 1/4 TURN, JAZZ BOX

- 1-2 Step L to L side, step R behind L
- 3-4 Turn 1/4 L and step L forward [9:00], brush R forward
- 5-8 Cross R over L, step L back, step R to R side, step L slightly in front of R (weight on L)

Fun Styling – During the chorus in section one (walls 3, 6, 9 and 10), when you hear “Hands up”, raise both hands and sway them side to side. But you’ll be tempted to do it for the whole dance once you start!

- 1-4 Sweep arms forward then backward
- 5-8 Raise both arms overhead, swaying them right then left

kat@dustngrace.com
www.dustngrace.com
[@dustngradenz](https://www.instagram.com/dustngradenz)

Danced at Clive Bootscootin'
www.clivebootscootin.com