

# Hands Up ( )

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

**Choreographer:** Craig Bennett (Oct '09)

**Music:** For The Lovers by Whitney Houston (CD: I Look To You)

□□ □□□ 32□□□ (□□□□□ )

□□

**Walk Forward, Rock**

**Forward, Rock Side, Right Sailor, Left Sailor ¼**

□□ , □□□ , □□□ , □□□ , □ 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 ¼ turn left stepping forward right,**

**Step left forward (9:00)** □□□□□□□□ , □□ 90□□□□□□□ , □□□□□ (□□ 9□□ )

□□

**Step ½ Turn And Bumps,**

**Rock, Recover, Behind, Side, Cross**

□ □ □□□ , □□ □□ , □ , □ , □□□

1-2

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

□□□□ , □□□ 180° (□□ 3□□ )

&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)**

□□□□□ , □□□□□ , □□□□□ , □□□□□ , □□□□□□□ 90° (□□ 6□□ )

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 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**

**½ left pivot, ½ left stepping right in place (6:00)**

□□□□ 180° , □□□□ 180°□□□□ (□□□□ 6□□□ )

□□□□

**Rock ¼ Step, Step ½ Step,**

**Full Turn Forward**

□□□□ 1/4° , □□□□ , □□□□

**1-2**

**Rock left to left side, Recover making ¼ turn right**

**stepping forward right (9:00)** □□□□□□□□ , □□□□ 90°□□□□□□ (□□□□ 9□□□ )

**3-4**

**Step forward left, Step forward right** □□□□ , □□□□

**5-6**

**½ turn left pivot, Step forward right (3:00)**

□□□□ 180° , □□□□□□□□ (□□□□ 3□□□ )

7&8

**Full Turn forward turning left, right, left (3:00)**

□□ -□ , □ , □ (□ 3□ )

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=10286](https://www.linedance.com/index.php?f=dance_view&id=10286)