

# HANDS DOWN

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**Count:** 32      **Wall:** 4      **Level:** beginner

**Choreographer:** Jo Miller

**Music:** Hot Stuff by Donna Summer

## HAND CIRCLES, HITCHHIKER

- 1-4**      Right hand circles out to side with palm down twice, then left hand circles twice
- 5-8**      Low hitchhiker-right thumb out & back twice, left thumb out & back twice, hands stay about waist high

## HAND ROLLS

- 1-8**      Roll the hands over each other, right twice, center twice, left twice, center twice

## SHOULDER TOUCHES AND LIFTS

- 1**      Cross the hands at the chest and touch right hand to left shoulder and left hand to right shoulder
- 2**      Uncross hands and touch right hand to right shoulder, left hand to left shoulder
- 3&4**      Bend knees & drop hips down as you slap the top of your thighs 3x, finger tips pointing towards the floor
- 5-6**      Leave hands on thighs, and as you start to stand up, raise right shoulder up then left shoulder up
- 7&8**      Raise shoulders right, left, right as you finish standing up

## ROCK, MAMBO STEPS AND ¼ TURN TO LEFT

- 1-2**      Step to right with right foot and rock weight back onto the left foot
- 3&4**      Shuffle in place
- 5-6**      Step to the left with left foot and rock weight back onto the right foot
- 7&8**      Make a ¼ turn to the left as you shuffle in place

## REPEAT