

Hands Up Beginner

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Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Charlotte Neckelmann (Aug 10)

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

32 counts intro

Split floor dance to Choreographer: Craig Bennett, England (Hands Up)

Walk Forward. Right Mambo Forward Left Mambo Back. Toe Point, R & Toe Point L

- 1-2** Walk forward right(1) walk forward left (2) 12:00
- 3&4** Rock forward w/Right foot (3)step in place w/left foot (&)bring right foot next to left (4) 12:00
- 3&4** Rock back w/left foot (5) step in place w/right foot (&) bring left foot next to right (6) 12:00
- 7&8** Touch right toe out to right side (7), step right next to left (&), touch left toe out to left side (8) 12.00

¼ Turn Left & Step Touches Forward Diagonally X2 .Point

- 1-2** Make ¼ turn left on left foot (1) Drop Left heel to floor. (2) 9:00
- 3-4** Step diagonally forward right(3) touch left together (4) 9:00
- 5-6** Step diagonally forward left(5) touch right together(6) 9:00
- 7-8** Tap right toes forward.(7) tap right toes to side.(8) 9:00

Rock. Step ½ Turn. Step Lock Step X2 Right & Left

- 1-2** Rock on right (1) recover left (2) 9:00
- 3-4** Stepping forward on right make ½ turn over left Shoulder (7)and weight back on left (8) 3:00
- 5&6** Step forward on right (5) Lock left behind right.(6) Step forward on right (6) 3:00
- 7&8** Step forward on left (7) Lock right behind left (&) Step forward on left Step (8) 3:00

Kick X2 Sailor Right. Kick X2 Sailor Left

- 1-2** Kick Right (1)side kick Right (2)(kick down slightly with the foot) 3:00
- 3&4** Sailor step right (3)left (&)right (4) 3:00
- 5-6** Kick, left (5)side kick left (6) (kick down slightly with the foot) 3:00

7&8 Sailor Left behind right ¼ turn left (7)stepping forward right(&)S tep left forward (8) 3:00

Start Again

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