

Hands Up

This dance took off big in the US, but seemed to pass by the UK, this is one of those feel good dances that gets you singing and putting your hands up.

4 WALL - 32 COUNTS - INTERMEDIATE

Steps	Actual Footwork	Calling Suggestion	Direction
Section 1	Walk Forward x 2, Forward Rock, Side Rock, Sailor Step, Sailor 1/4 Turn		
1 - 2	Walk forward right. Walk forward left.	Right Left	Forward
3 &	Rock forward on right. Recover onto left.	Forward Rock	On the spot
4 &	Rock right to right side. Recover onto left.	Side Rock	
5 & 6	Cross right behind left. Step left to left side. Step right to place.	Right Sailor	
7 & 8	Cross left behind right. Turn 1/4 left stepping right forward. Step left forward.	Sailor Turn	Turning left
Section 2	Step, Pivot 1/2, Hip Bumps With 1/4 Turn, Side Rock, Behind Side Cross		
1 - 2	Step right forward. Pivot 1/2 turn left. (3:00)	Step Pivot	Turning left
& 3 &	Bump left hip forward. Bump right hip back. Bump left hip forward.	Bump & Bump	On the spot
4 &	Bump right hip back. Bump left hip forward making 1/4 turn right. (6:00)	Bump Turn	Turning right
5 - 6	Rock right to right side. Recover onto left.	Side Rock	On the spot
7 & 8	Cross right behind left. Step left to left side. Cross right over left.	Behind Side Cross	Left
Section 3	Side, Back Rock (x 2) Step, Step Pivot 1/2, 1/2 Turn		
1 - 2 &	Step left to left side. Rock back on right. Recover onto left.	Side Rock Back	Left
3 - 4 &	Step right to right side. Rock back on left. Recover onto right.	Side Rock Back	Right
5 - 6	Step forward left. Step forward right.	Left Right	Forward
7 - 8	Pivot 1/2 left. Make 1/2 turn left stepping right in place. (6:00)	Turn Turn	Turning left
Section 4	Rock 1/4, Step, Step Pivot 1/2 Step, Full Turn Forward		
1 - 2	Rock left to left side. Recover making 1/4 turn right stepping right forward.	Rock Turn	Turning right
3 - 4	Step forward left. Step forward right. (9:00)	Left Right	Forward
5 - 6	Pivot 1/2 turn left. Step right forward. (3:00)	Pivot Step	Turning left
7 & 8	Triple step full turn forward turning right, stepping - left, right, left. (3:00)	Triple Full Turn	

Choreographed by:

Craig Bennett
UK
October 2009

Choreographed to:

'For the Lovers' by Whitney Houston from CD I Look To You; also available as download from amazon.co.uk or iTunes



A video clip of this dance is available at www.linedancermagazine.com