

# Hands Up

Choreographed by Craig Bennett

Description: 32 count, 4 wall, intermediate line dance

Music: For The Lovers by Whitney Houston [CD: I Look to You / Available on iTunes]

Start dancing on lyrics

## **WALK FORWARD, ROCK FORWARD, ROCK SIDE, RIGHT SAILOR, LEFT SAILOR ¼**

1-2 Step right forward, step left forward

3&4& Rock right forward, recover to left, rock right to side, recover to left side

5&6 Cross right behind left, left slightly to left side, step right together

7&8 Left behind right turn ¼ left and step forward right, step left forward (9:00)

## **STEP ½ TURN AND BUMPS, ROCK, RECOVER, BEHIND, SIDE, CROSS**

1-2 Step right forward, make ½ turn pivot left (3:00)

&3&4& Bump hips left forward, bump hips right back, bump hips left forward, bump hips right back, bump hips left forward turn ¼ right (6:00)

5-6 Rock right to side, recover to left side

7&8 Cross right behind left, step left to side, cross right over left

## **SIDE ROCK BACK RECOVER, SIDE ROCK BACK RECOVER, STEP ½, ½ STEP**

1-2& Step left to side, rock back to right, recover left forward

3-4& Step right to side, rock back to left, recover right forward

5-6 Step left forward, step right forward

7-8 Turn ½ left (weight to left), turn ½ left and step right in place (6:00)

## **ROCK ¼ STEP, STEP ½ STEP, FULL TURN FORWARD**

1-2 Rock left to side, recover turn ¼ right and step forward right (9:00)

3-4 Step left forward, step right forward

5-6 Turn ½ left (weight to left), step right forward (3:00)

7&8 Full turn forward turning left, right, left (3:00)

## **REPEAT**