

# HANDS UP

Choreographed: Craig Bennett, UK (Oct 09)

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

Descriptions: 32 count - 4 wall  
Arizona Senior Olympics Solo Level 3



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

- 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)**

## **Step ½ Turn And Bumps, Rock, Recover, Behind, Side, Cross**

- 1-2 Step forward right, Make ½ turn pivot left **(3:00)**
- &3&4& Bump left hip forward, Bump right hip back, Bump left hip forward, Bump right hip back, Bump Left hip forward making ¼ turn right **(6:00)**
- 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 ½, ½ 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)**

## **Rock ¼ Step, Step ½ Step, Full Turn Forward**

- 1-2 Rock left to left side, Recover making ¼ turn right stepping forward right **(9:00)**
- 3-4 Step forward left, Step forward right
- 5-6 ½ turn left pivot, Step forward right **(3:00)**
- 7&8 Full Turn forward turning left, right, left **(3:00)**

Start Again