

Hands Up

Choreographer: Craig Bennett
Description: 32 count, 4 wall, intermediate line dance
Music: **For The Lovers** by Whitney Houston

Start dancing on lyrics

Beats / Step Description

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)

Smile and Begin Again