



Hands Up

32 count, 4 wall, intermediate line dance

Choreographer: Craig Bennett

Choreographed to: For The Lovers by Whitney Houston

WALK FORWARD X2, FORWARD ROCK, SIDE ROCK, SAILOR STEP, SAILOR ¼ TURN

- 1-2 Walk forward right, walk forward left
3& Rock forward on right, recover onto left
4& Rock right to right side, recover onto left
5&6 Cross right behind left, step left to left side, step right in place
7&8 Cross left behind right, turn ¼ left stepping right forward, step left forward

STEP, PIVOT ½, HIP BUMPS WITH ¼ TURN, SIDE ROCK, BEHIND SIDE CROSS

- 9-10 Step right forward, pivot ½ turn left (3:00)
&11& Bump left hip forward, bump right hip back, bump left hip forward
4& Bump right hip back, bump left hip forward making ¼ turn right (6:00)
13-14 Rock right to right side, recover onto left
15&16 Cross right behind left, step left to left side, cross right over left

SIDE, BACK ROCK (x2), STEP, STEP PIVOT ½, ½ TURN

- 17-18& Step left to left side, rock back on right, recover onto left
19-20& Step right to right side, rock back on left, recover onto right
21-22 Step forward on left, step forward on right
23-24 Pivot ½ left, make ½ turn left stepping right in place (6:00)

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

- 25-26 Rock left to left side, recover making ¼ turn right stepping right forward
27-28 Step forward left, step forward right (9:00)
29-30 Pivot ½ turn left, step right forward (3:00)
31-32 Triple step full turn forward turning left, right, left (3:00)

REPEAT