

# HANDS UP



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**Count:** 32    **Wall:** 4    **Level:** Intermediate  
**Choreographer:** CRAIG BENNETT, ENGLAND (Oct '09)  
**Music:** For the lovers by Whitney Houston From Album: I look to you

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## **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)