

## Hands Up

32 Count, 4 Wall, Intermediate

Choreographer: Craig Bennett (UK) Oct 2009

Choreographed to: For The Lovers by

Whitney Houston, CD: 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 (3:00)  
3-4 Step forward left, Step forward right  
5-6 ½ turn left pivot, Step forward right (9:00)  
7&8 Full Turn forward turning left, right, left (9:00)