

HANDS UP

Choreographed by Craig Bennett

Description: 32 count, 4 wall, intermediate line dance

Music: **For The Lovers** by Whitney Houston [CD: [I Look to You](#) /  ]

Start dancing on lyrics

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 triple (turning RIGHT forward) on your left, right, left (3:00)

REPEAT