



# HANDS UP

Choreographed by Craig Bennett  
32 Count, 4 Wall, Intermediate level line dance  
Music: For The Lovers by Whitney Houston

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## Walk Forward, Rock Forward, Rock Side, Right Sailor, Left Sailor 1/4

- 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 1/4 turn left stepping forward right, Step left forward (9:00)

## Step 1/2 Turn And Bumps, Rock, Recover, Behind, Side, Cross

- 1 - 2 Step forward right, Make 1/2 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 1/4 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 1/2, 1/2 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 1/2 left pivot, 1/2 left stepping right in place (6:00)

## Rock 1/4 Step, Step 1/2 Step, Full Turn Forward

- 1 - 2 Rock left to left side, Recover making 1/4 turn right stepping forward right (3:00)
- 3 - 4 Step forward left, Step forward right
- 5 - 6 1/2 turn left pivot, Step forward right (9:00)
- 7 & 8 Full Turn forward turning left, right, left (9:00)

## Start Again

(Originally taught by Elysium Dance Designs September 2010)

