

Hands In The Air

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Choregraphie par : Debbie Rushton (UK)

Description : 32 temps, 4 murs, Intermediaire Facile, Mars 2019

Musique : Dance With Me by Nile Rodgers, CHIC & Hailee Steinfeld

Count in: After 32 counts, on lyrics

Tag: During wall 8, dance up to count 8, do the tag, then restart the dance



KICK & POINT, SAILOR STEP, SKATE x4

1&2 Kick R forward, Step R beside L, Touch L out to L side

3&4 Cross L behind R, Step R to R side, Step L to L side (sailor step)

5 6 Skate forward to R diagonal on R, Skate forward to L diagonal

7 8 Skate forward to R diagonal on R, Skate forward to L diagonal

*** During the chorus, push hands up in the air on the skates to hit lyrics 'hands in the air'**

CROSS, ROCK & CROSS SHUFFLE, ¼ TURN ½ TURN, COASTER STEP

12& Cross R over L, Rock L out to L side, recover onto R

3&4 Cross L over R, Step R to R side, Cross L over R

5 6 Make ¼ turn R stepping R forward, Make ½ turn R stepping L back (9 o'clock)

7&8 Step back on R, Step L beside R, Step R forward

SLIDE TOUCH, SLIDE TOUCH, & CROSS, ROCK RECOVER, BEHIND SIDE

1 2 Take big step forward to L diagonal on L, Touch R beside L

3 4 Take big step forward to R diagonal on R, Touch L beside R

&567 Step L beside R, Cross R over L, Rock L out to L, Recover onto R

8& Cross L behind R, Step R to R side

CROSS, HOLD, & BEHIND & CROSS, WALK ROUND IN FULL CIRCLE

1 2 Cross L over R, Hold count 2

&3&4 Step R to R side, Cross L behind R, Step R to R side, Cross L over R

5678 Walk round in a full circle over R shoulder stepping R, L, R, L (9 o'clock)

TAG: During wall 8 (facing 3 o'clock), dance up to count 8 and then do the following tag.

CROSS, BACK, SIDE, FORWARD

1 2 Cross R over L, Step back on L

3 4 Step R to R side, Step L forward

Restart the dance. Have fun!

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