



Approved by:

Craig Bennett

Hands Up

4 WALL - 32 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Walk Forward x 2, Forward Rock, Side Rock, Sailor Step, Sailor 1/4 Turn		
1 - 2	Walk forward right. Walk forward left.	Right Left	Forward
3 &	Rock forward on right. Recover onto left.	Forward Rock	On the spot
4 &	Rock right to right side. Recover onto left.	Side Rock	
5 & 6	Cross right behind left. Step left to left side. Step right to place.	Right Sailor	
7 & 8	Cross left behind right. Turn 1/4 left stepping right forward. Step left forward.	Sailor Turn	Turning left
Section 2	Step, Pivot 1/2, Hip Bumps With 1/4 Turn, Side Rock, Behind Side Cross		
1 - 2	Step right forward. Pivot 1/2 turn left. (3:00)	Step Pivot	Turning left
& 3 &	Bump left hip forward. Bump right hip back. Bump let hip forward.	Bump & Bump	On the spot
4 &	Bump right hip back. Bump left hip forward making 1/4 turn right. (6:00)	Bump Turn	Turning right
5 - 6	Rock right to right side. Recover onto left.	Side Rock	On the spot
7 & 8	Cross right behind left. Step left to left side. Cross right over left.	Behind Side Cross	Left
Section 3	Side, Back Rock (x 2) Step, Step Pivot 1/2, 1/2 Turn		
1 - 2 &	Step left to left side. Rock back on right. Recover onto left.	Side Rock Back	Left
3 - 4 &	Step right to right side. Rock back on left. Recover onto right.	Side Rock Back	Right
5 - 6	Step forward left. Step forward right.	Left Right	Forward
7 - 8	Pivot 1/2 left. Make 1/2 turn left stepping right in place. (6:00)	Turn Turn	Turning left
Section 4	Rock 1/4, Step, Step Pivot 1/2 Step, Full Turn Forward		
1 - 2	Rock left to left side. Recover making 1/4 turn right stepping right forward.	Rock Turn	Turning right
3 - 4	Step forward left. Step forward right. (9:00)	Left Right	Forward
5 - 6	Pivot 1/2 turn left. Step right forward. (3:00)	Pivot Step	Turning left
7 & 8	Triple step full turn forward turning right, stepping - left, right, left. (3:00)	Triple Full Turn	

Choreographed by: Craig Bennett (UK) October 2009

Choreographed to: 'For the Lovers' by Whitney Houston from CD I Look To You;
also available as download from amazon.co.uk or iTunes



A video clip of this dance is
available at
www.linedancermagazine.com