

Hands Up

Count: 32

Wall: 4

Level: Improver

Choreographer: Chrystel Arréou (FR), Chrystel DURAND (FR) & Arnaud Marraffa (FR) - July 2026

Music: Hands Up - Jelly Roll



Chorégraphie créée pour le New Mirande Festival à Mirande le 10 juillet 2026

1 restart

Intro : 16 counts

V STEP, HEEL GRIND ¼ TURN R, KICK BALL STEP

- 1-2 Step R in diagonally R, Step L in diagonally L
- 3-4 Step back on R, Step back on L
- 5-6 R Heel fwd, Pivot ¼ turn R & Step back on L 3h
- 7&8 Kick R, Step R next to L, Step fwd on L

V STEP, STEP, PIVOT ½ TURN L, STEP, STEP

- 1-2 Step R in diagonally R, Step L in diagonally L
- 3-4 Step back on R, Step back on L
- 5-6 Step fwd on R, Pivot ½ turn L 9h
- 7-8 Step fwd on R, Step fwd on L

Restart on wall 9 (Start 12h/Restart 9h)

POINT FWD, POINT TO R, BEHIND SIDE CROSS, SIDE ROCK, TOGETHER, SWITCHES POINT

- 1-2 Point R fwd, Point R to R side
- 3&4 Cross R behind L, Step L to L side, Cross R over L
- 5-6& Step L to L side, Recover on R, Step L next to R
- 7&8 Point R to R side, Step R next to L, Point L to L side

SAILOR STEP, POINT, UNWIND ½ TURN R, ROCK STEP, TOGETHER, HEEL FWD, HOLD WITH CLAP x2

- 1&2 Cross L behind R, Step R to R side, Step L to L side
- 3-4 Point R behind L, Unwind ½ turn R (Weight on R) 3h
- 5-6& Step fwd on L, Recover on R, Step L next to R
- 7&8 R Heel fwd, Hold + Clap, Clap

Restart : On wall 9 (Start 12h/Restart 9h), after 16 counts.

Note : On counts 1 to 4 (V Step) of sections 1 & 2, on walls 3, 6, 9 & 10, when the singer says « Hands up », put your right hand up, put your left hand up, lower your right hand, lower your left hand