

Hands Down

Choreographed by Jo Miller

Josdancin@aol.com

Level: Beginner, 32 count, 4 wall

Music: "Hot Stuff" Donna Summer

A lot of the Latin Music

Most anything by NSNC

Christmas one...

"Santa Looks A lot Like Daddy" Garth Brooks

Hand circles, Hitchhiker

- 1-4 R Hand circles out to side with palm down 2x, then L hand circles 2x
- 5-8 Low hitchhiker—R thumb out & back 2x, L thumb out & back 2x. Hands stay about waist high

Hand Rolls

- 1-8 Roll the hands over each other, R 2x, Center 2x, L 2x, Center 2x

Shoulder Touches and Lifts

- 1 Cross the hands at the chest and touch R hand to L shoulder and L hand to R shoulder
- 2 Uncross hands and touch R hand to R shoulder, L hand to L shoulder
- 3&4 Bend knees & drop hips down as you slap the top of your thighs 3x, finger tips pointing towards the floor
- 5,6 Leave hands on thighs, and as you start to stand up, raise R shoulder up, then L shoulder up
- 7&8 Raise shoulders R,L,R as you finish standing up

Rock, Mambo Steps and ¼ Turn to Left

- 1,2 Step to R with R foot and rock weight back onto the L foot
- 3&4 Shuffle in place
- 5,6 Step to the L with L foot and rock weight back onto the R foot
- 7&8 Make a ¼ turn to the L as you shuffle in place.

Start again. Enjoy!!!!