

# Hands On Me AB

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**Count:** 32

**Wall:** 4

**Level:** Absolute Beginner-Beginner

**Choreographer:** Annemaree Sleeth (AUS) – March 2024

**Music:** Boy From The Mountain by Luke Thomas The Gardiner Brothers & Billy Farrell Single.  
2.22 itunes

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**Split Floor to Harder Dances**

**No Tags Or Restarts**

**Written for the New Dancers at Sherbrooke U3a**

**This can be a 1 wall dance for brand new beginners or 4 wall**

Intro: Counts 20 Seconds In Word Girl Dance Rotates Counterclockwise

**S1 1 – 8 SIDE, TOGETHER, FORWARD, TOUCH X 2**

- 1 – 2 Step Right Side, Step Left Together
- 3 – 4 Step Right Forward, Touch Left Beside Right
- 5 – 6 Step Left Forward, Step Right Beside Left
- 7 – 8 Step Left Forward, Touch/Brush Right Beside Left

**S2 9 – 16 ROCKING CHAIR, SIDE, HOLD, BACK, RECOVER**

- 5 – 6 Rock Right Forward, Recover Left
- 7 – 8 Rock Right Forward, Recover Left
- 5 – 6 Large Step Slide Right Side, Hold
- 7 – 8 Rock Right Behind Left, Recover Right

**S3 17 -24 VINE ¼ L, KICK, SIDE, KICKS x 2**

- 1 – 2 Step Left Side Right, Cross Left Slightly Behind Right
- 3 – 4 Step Left ¼ Forward, Kick Right Across Left (9.00)
- 5 – 6 Step Right Side, Kick Left Across Right
- 7 – 8 Step Left Side, Kick Right Across Left

**S4 25–32 SINGLE HIPS, DOUBLE HIPS/KNEE POPS**

- 1 – 2 Step Right Side Push Hips Right, Hold
- 3 – 4 Push Hips Left, Hold
- 5 – 6 Push Hips Right, Then Left
- 7 – 8 Push Hips Right Then Left Or Knee Pops

Harder Option Styling

- 5 – 6 Wiggle Down Right Left Then
- 7 – 8 Wiggle Up Right Left Then

Finishes to the front.

Watch The Video on [annemaree sleeth Youtube](#)

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