|  |  |
| --- | --- |
| No Hands |  |

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|  |
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| . |
| **Count:** | 48 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Hazel Pace (UK) - December 2018 |
| **Music:** | Look Heart, No Hands - Randy Travis : (Album: I Told You So) |
| . |

**Intro: 8 Counts**

**[1 – 8] Back Touch, Left Shuffle, Rock Recover, 3/4 Triple Turn Right.**

|  |  |
| --- | --- |
| 1 – 2 | Step back on right, touch left in front of right. |

|  |  |
| --- | --- |
| 3 & 4 | Step forward on left, right beside left, forward on left. |

|  |  |
| --- | --- |
| 5 – 6 | Rock forward on right, recover on left. |

|  |  |
| --- | --- |
| 7 & 8 | Make 3/4 turn right on right, left, right. (9.00). |

**[9 – 16] Side Behind, 1/4 Left Shuffle, Step 1/2 Left, Hook Left, Left Shuffle.**

|  |  |
| --- | --- |
| 1 – 2 | Step left to left side, right behind left. |

|  |  |
| --- | --- |
| 3 & 4 | Step left to left side, right beside left, step left 1/4 turn left. (6.00). |

|  |  |
| --- | --- |
| 5 – 6 | Step forward on right, make 1/2 turn left hooking left in front of right. (12.00). |

|  |  |
| --- | --- |
| 7 & 8 | Step forward on left, right beside left, forward on left. |

**[17 – 24] Step Right, Make 1/4 Turn Left, Right Shuffle, Rock Recover, Full Triple Turn Left.**

|  |  |
| --- | --- |
| 1 – 2 | Step forward on right, make 1/4 turn left rocking weight onto left. (9.00). |

|  |  |
| --- | --- |
| 3 & 4 | Step forward on right, left beside right, forward on right. |

|  |  |
| --- | --- |
| 5 – 6 | Rock forward on left, recover on right. |

|  |  |
| --- | --- |
| 7 & 8 | Make full triple turn left on left, right, left. (Alt. Left Coaster Step). |

**[25 – 32] Rocking Chair, Step 1/2 Left, Left Side, Cross Rock Recover.**

|  |  |
| --- | --- |
| 1 – 2 | Rock forward on right, recover on left. |

|  |  |
| --- | --- |
| 3 – 4 | Rock back on right, recover on left. |

|  |  |
| --- | --- |
| 5 – 6 | Step forward on right, make 1/2 turn left stepping left to left side. (3.00). |

|  |  |
| --- | --- |
| 7 – 8 | Cross rock right over left, recover on left |

**[33 – 40] Side Shuffle Right, Cross Rock Recover, Side Shuffle Left, Cross 1/4 Right.**

|  |  |
| --- | --- |
| 1 & 2 | Step right to right side, left beside right, right to right side. |

|  |  |
| --- | --- |
| 3 – 4 | Cross rock left over right, recover on right. |

|  |  |
| --- | --- |
| 5 & 6 | Step left to left side, right beside left, left to left side. |

|  |  |
| --- | --- |
| 7 – 8 | Cross right over left, make 1/4 right stepping back on left. (6.00). |

**\*\* Tag, & Restart - 5th Sequence, Section 5, Dance up to count 4.**

**Count 5, make 1/4 turn left, Count 6, touch right beside left, start again. (12.00).**

**The music fades on right side shuffle, keep dancing at same speed.**

**[41 – 48] Step 1/4 Right Pointing Left, Full Turn To Left Point Right, 3/4 Turn Right.**

|  |  |
| --- | --- |
| 1 – 2 | Make 1/4 turn right stepping right to right side, point left to left side. (9.00). |

|  |  |
| --- | --- |
| 3 – 4 | Step left 1/4 turn left, 1/2 turn left stepping back on right. |

|  |  |
| --- | --- |
| 5 – 6 | Step left 1/4 turn left, point right to right side. (9.00). |

|  |  |
| --- | --- |
| 7 – 8 | Step right 1/4 turn right, make 1/2 turn right stepping back on left. (6.00). |

**Dance ends on 7th sequence after 18 counts.**

**Dance 1 – 16 counts.**

**Ending 2 counts, cross right over left, unwind 1/2 turn to front.**

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