

No Hands

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Hazel Pace (UK) - December 2018
音乐: 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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