A Handle on You

级数: Improver

编舞者: Cathy Snow (USA) - January 2024

音乐: Handle On You - Parker McCollum

Intro: 32 counts (start on vocals)

拍数: 32

Tag: Second time 12:00 wall- complete dance then add R step lock shuffle back (R, L, R) and Left lock step shuffle forward (L, R, L). Start dance again.

[1-8] LEFT CROSS ROCK, TRIPLE IN PLACE; RIGHT CROSS ROCK, TRIPLE IN PLACE

- 1-2 Cross/rock right over left; recover left
- 3&4 Triple in place stepping right, left, right
- 5-6 Cross/rock left over right; recover right
- 7&8 Triple in place stepping left, right, left

[9-16] SHUFFLE FORWARD, ROCK, RECOVER, SHUFFLE BACK. ROCK, RECOVER

- 1&2 Shuffle forward stepping right, left, right
- 3-4 Rock left forward; recover right
- 5&6 Shuffle backward stepping left, right, left
- 7-8 Rock back on right; recover on left

[17-24] ¼ TURN, R SIDE ROCK, CROSS SHUFFLES; L SIDE ROCK, CROSS SHUFFLES

- 1-2 Step ¼ turn on right (face 9:00 wall first time), step right to
- 3&4 Step right to right side, cross left over right, shuffle R, L, R
- 5-6 Rock left to left side, recover R
- 7&8 Cross shuffle left over right, shuffle L, R, L

[25-32] SHUFFLE FORWARD, ½ TURN, ½ TURNING SHUFFLE, ROCK, RECOVER

- 1-2 Step forward right, step left next to right, step right forward
- 3-4 Step forward left, pivot ¹/₂ turn with weight on right
- 5&6 Turn 1/4 right, stepping left to left side, step right next to left, turn ¼ right, stepping back on left
- 7-8 Rock back right, recover weight to left

Contact: Cathy @: mrssno@email.com *Dancing after TKR still problem with the other knee so no video as of yet.

Please feel free to post one. Thanks

Last Update - 24 Feb. 2024 - R2





墙数:4