

# Slow Hand

拍数: 68      墙数: 2      级数: Intermediate  
编舞者: Colleen Archer (AUS)  
音乐: Slow Hand - The Pointer Sisters



- 1&2      Step cross right over left, step left to side, replace weight onto right  
3-4      Step left back, sweep right out to side and around to back  
5&6      Step cross right behind left, step left to side, replace weight onto right (sailor)  
7-8      Step left forward, sweep right out to side and around to front (12:00)
- 1&2      Cross shuffle to left stepping right-left-right  
3-4      Step left to side, turn  $\frac{1}{2}$  right and step right to side  
5&6      Side shuffle to left stepping left-right-left  
7&8      Kick right to 45 degrees, step right back, step cross left over right (kick ball cross) (6:00)
- 1&2      Step right to side, replace weight left, step cross right over left (samba)  
3-4      Step left to side, turn  $\frac{1}{4}$  right taking weight forward onto right  
5&6      Step left to side, replace weight right, step cross left over right (samba)  
7-8      Step right to side, turn  $\frac{1}{4}$  right taking weight back onto left (grind right heel lifting toe) (12:00)
- 1-2&      Step right back to 45 degrees, lock left over right, step right slightly to back (Dorothy)  
3-4&      Step left back to 45 degrees, lock right over left, step left slightly to back (Dorothy)  
5-6      Rock back on right, rock forward onto left  
7&8      Step right forward into  $\frac{1}{2}$  turn left, turn another  $\frac{1}{2}$  left stepping left beside right, right slightly forward (12:00)
- 1-2      Stomp left forward to left 45 degrees, hold  
&3-4      Step right beside left, step left forward to 45 degrees, replace weight back onto right  
5&6      Step cross left behind right, step right to side, step cross left over right  
7-8      Stomp right forward to right 45 degrees, hold (12:00)
- &1-2      Step left beside right, step right forward to 45 degrees, replace weight back onto left  
3&4      Shuffle back toward left 45 degrees stepping right-left-right  
5-6      Step left to side (straighten up to wall) & sway hips slowly to left for 2 counts  
7-8      Replace weight onto right and sway hips slowly to right for 2 counts (12:00)
- 1&2      Turn  $\frac{1}{4}$  left and step left forward, turn  $\frac{1}{2}$  left stepping right beside left, left beside right  
3-4      Cross rock right over left, replace weight back onto left  
5-6      Step right to side and slightly back, step cross left over right  
7&8      Side shuffle stepping right-left-right (3:00)
- 1-2      Step cross left behind right (on ball of foot), hold and click looking over right shoulder  
&3-4      Small step right to side, step cross left behind right (on ball of foot), hold and click  
5-6      Replace weight forward onto right, turn  $\frac{1}{4}$  right and step left back  
7-8      Turn  $\frac{1}{4}$  right and step right to side, step cross left over right (9:00)  
9-10      Turn  $\frac{1}{4}$  left and step right back, turn  $\frac{1}{2}$  left and step left forward  
11-12      Step right forward, turn  $\frac{1}{2}$  left taking weight onto left (6:00)

**REPEAT**

**TAG**



**After walls 2, 4, and 6**

- 1-4 Shuffle forward stepping right-left-right, rock forward on left, rock back on right  
5-8 Shuffle back stepping left-right-left, rock back on right, rock forward on left  
9-12 Step right forward, hold, turn  $\frac{1}{2}$  left taking weight onto left, hold

**Start dance again**

**TAG AND RESTART**

**On wall 5, dance the first 8 counts of the dance, then add the following tag and restart the dance from count 1**

- 1-4 Step right forward, rock back on left, step right back, rock forward on left (rocking chair, facing front)

**ENDING**

**On sixth wall, add the tag dancing up to shuffle back left-right-left, turn  $\frac{1}{2}$  right & step right forward, slide left up to right**

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