My HaND



Count: 32 Wand: 4 Ebene: Improver / Intermediate

Choreograf/in: Andrico Yusran (INA) - September 2022

Musik: For My Hand (feat. Ed Sheeran) - Burna Boy



No Tag No Restart

S1# *SAMBA WISHK - VOLTA 3/4 TURN L - FORWARD - 1/2 TURN R (sweep) - CROSS BEHIND - SIDE - CROSS*

1 a2	Step R to side , L ball cross behind R , R tap in place
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3 a4 L 1/4 turn L, R lock behind L, L 1/4 turn to L

5-6 R forward (3.00), L 1/2 Turn to R with R sweep from front to back (9.00)

7&8 R cross behind L , L side , R cross over L

S2# *DIAMOND 1/2 TURN L - LOCK FORWARD SYNCOPATED DIAGONAL*

1&2 Step L forward diagonal to L , R side 3/8 turn L (6.00) , L back diagonal to L with R knee u	1&2	Step I forward diagonal to I	R side 3/8 turn I (6 00)	L back diagonal to L with R knee u
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3&4 R back, L 3/8 turn to L (3.00), R cross diagonal to L (1.30)

5&6& L forward diagonal to L, R lock behind L, L forward, R lock behind L (1.30)

7&8 L forward diagonal to L, R lock behind L, L forward (1.30)

S3# *MAMBO DIAGONAL (sweep) - SAILOR 3/8 TURN L - SAILOR 1/4 TURN R - OUT - OUT*

1&2 Step R forward , Recover on L , R back with L sweep from front to back (1.30)

3&4 L 3/8 turn to L (12.00), R side, L to side

5&6 R 1/4 turn to R cross behind L , L side , R forward

7-8 L out, R out

S4# *CLOSE - KNEE POP - V STEP (heels) - FORWARD - CLOSE*

1-2-& Step L close beside R, making knee both out, in (heels up)

3&4 knee both out , in , out (heels up)

5&6& R heel diagonal to R, L heel diagonal to L, R back to center, L close beside R

7-8 R forward , L close beside R

Dancing With Your Heart □

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^{*}Start Dance after intro lyrics 32 Counts*