

Hands On

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Rosalie Mackay (AUS)

Musik: Hands On Man - Jeff Bates



FORWARD, TAP, KICK BALL CHANGE, FORWARD, SCUFF, ROCK FORWARD, BACK

- 1-2-3&4 Step forward on right, tap left beside right, kick left forward, ball step left beside right, step right in place
- 5-6-7-8 Step forward on left, scuff right beside left, rock forward on right, rock back on left

SHUFFLE BACK, BACK & TOGETHER, BACK & TOGETHER, COASTER STEP

- 1&2 Step right back, step left beside right, step right back
- 3&4 Step left back at left diagonal, step right in place, step left beside right (using your hips)
- 5&6 Step right back at right diagonal, step left in place, step right beside left (using your hips)
- 7&8 Step left back, step right beside left, step left forward

¼ PIVOT TURN, CROSS SHUFFLE, ¼ TURN, ½ TURN, ¼ TURN SIDE SHUFFLE

- 1-2 Step right forward, pivot ¼ turn left weight on left (9:00)
- 3&4 Step right across left, step left to left side, step right across left
- 5-6 ¼ turn right step left back, ½ turn right step right forward (6:00)
- 7&8 ¼ turn right side shuffle left, right, left (9:00)

SAILOR STEP, SAILOR FORWARD, ½ PIVOT TURN, &, HIP & HIP

- 1&2 Step right behind left, step left to left side, step right in place
- 3&4 Step left behind right, step right to right side, step left forward
- 5-6& Step right forward, pivot ½ turn left weight on left, quickly step right beside left (3:00)
- 7&8 Step left forward at left diagonal and bump hips left, right, left

REPEAT

TAG

After the 2nd wall facing the back there is an extra 6 counts

- 1-2-3-4 Step right forward, pivot ½ turn left weight on left, step right forward, pivot ½ turn left weight on left
- &5&6 Quickly step right beside left, step left forward at left diagonal and bump hips left, right, left

TAG

After the 5th wall facing (3:00) there is an extra 4 counts

- 1&2-3&4 Step right forward bump hips right, left, right, step left forward bump hips left, right, left

FINISH

Pivot ¾ to the front and do hip bumps
