

Handsfree

Count: 96

Wand: 2

Ebene: Phrased Intermediate

Choreograf/in: Kate Sala (UK) - July 2008

Musik: Handsfree - Sonny J : (CD single)



Start after a 40 count intro on vocals. Sequence A, A, B, A, A, B, A

Part A

Step, Lock, Forward Lock Step, Step, Pivot 1/2 Turn R, Step, Pivot 1/2 Turn R, Step.

- 1 2 Step forward on R. Lock step L behind R.
- 3 & 4 Step forward on R. Lock step L behind R. Step forward on R.
- 5 6 Step forward on L. Pivot 1/2 turn R.
- 7 & 8 Step forward on L. Pivot 1/2 turn R. Step forward on L.

Rock Forward, Recover, Weave L, Side Step, Together, Swivel R.

- 1 2 Rock forward on R. Recover back on L.
- 3 & 4 Cross step R behind L. Step L to L side. Cross step R over L.
- 5 6 Take a big step L. Step R next to L.
- 7 & 8 Swivel both heels R. Swivel both toes R. Swivel both heels R.

Rock Back, Recover, Step, Pivot 1/4 Turn R, Cross Step, Side Step, Together, Heel Swivels.

- 1 2 Rock back on L. Recover on R.
- 3 & 4 Step forward on L. Pivot 1/4 turn R. Cross step L over R.
- 5 6 Take a big step R. Step L in next to R.
- 7 & 8 On balls of feet swivel heels L, Centre, L.

Rock Forward, Recover, Triple Full Turn L, Cross, Side, Behind & Heel.

- 1 2 Rock forward on L. Recover back on to R.
- 3 & 4 Triple full turn L on the spot on L, R, L.
- 5 6 Cross step R over L. Step L to L side.
- 7 & 8 Cross step R behind L. Step L to L side. Dig R heel forward to R diagonal.

Hold, & Cross, Hold, & Cross, Monterey 1/4 turn R & Side Switch With Touch R.

- 1 & 2 Hold. Step down on ball of R in place. Cross step L over R.
- 3 & 4 Hold. Step on ball of R slightly to R side. Cross step L over R.
- 5 6 Touch R toe out to R side. Monterey 1/4 turn R.
- 7 & 8 Touch L toe out to L side. Step L next to R. Touch R toe out to R side.

Rock Back, Recover, Forward Lock Step, Full Turn Walk Around R.

- 1 2 Rock back on R. Recover on to L.
- 3 & 4 Step forward on R. Lock step L behind R. Step forward on R.
- 5 6 7 8 Walk around small circle clockwise on L, R, L, R completing a full turn.

Rock Forward, Recover, Back Lock Step, Rock Back Recover, R Side Mambo Cross.

- 1 2 Rock forward on to L. Recover back on to R
- 3 & 4 Step back on to L. Lock step R over L. Step back on L.
- 5 6 Rock back on R. Recover on to L.
- 7 & 8 Side rock on R out to R side. Recover on to L. Cross step R over L.

L Side Lunge, Recover, L Sailor Step, Cross Touch, Hitch, Touch Back, Hold, Ball Step.

- 1 2 Lunge out to L side on L lifting L shoulder up & pushing R shoulder down. Recover on to R.
- 3 & 4 Cross step L behind R. Step R out to R side. Step L to L side.

- 5 & 6 Cross touch R toe over to L diagonal. Hitch R knee up slapping knee with R hand. Touch R toe back keeping the weight forward on L.
- 7 & 8 Hold. Step on the ball of R behind L. Step forward on L.

Part B

Walk Forward, Step Out, Out, Hold For 3 Counts, Turn 1/2 L.

- 1 2 3 Walk forward on R, L, R.
- 4 & Step L out to L side. Step R out to R side.
- 5 6 7 Hold for 3 counts.
- 8 & Step back on R starting to turn L. Complete 1/2 turn L stepping forward on L.

Walk Forward, Step Out, Out, Hold For 3 Counts, Turn 1/2 L.

- 1 - 8 Repeat the above 8 counts.

Turn 1/4 L With R Grapevine, Weave R, Side Rock R With 1/4 Turn L, Run x 2.

- 1 2 3 Turn 1/4 L stepping R to R side. Cross step L behind R. Step R to R side.
- 4 & 5 Cross step L over R. Step R to R side. Cross step L behind R.
- 6 7 Rock out on R to R side. Recover on to L with 1/4 turn L.
- 8 & Small run forward on R, L.

Turn 1/4 L With R Grapevine, Weave R, Side Rock R With 1/4 Turn L, Run x 2.

- 1 - 8 Repeat the above 8 counts.

Start again with part A.

NOTE:

You will finish at the end of section 5 of part A. Then cross step R behind L & 1/2 unwind R Taking the arms up and out making a circle. Facing front wall.
