

Handsfree

Count: 64

Wall: 2

Level: Advanced

Choreographer: Andrew Palmer (UK), Simon Cox (UK) & Sheila Palmer (UK) - June 2008

Music: Handsfree - Sonny J : (CD: Disastro - 3:57)



Start on Main Vocals (40 counts - approx 23 seconds)

SIDE. SLIDE. CROSS. UN-WIND (FULL). BALL-CROSS. HOLD. STEP. CROSS. STEP. CROSS.

- 1,2 Side L, slide R beside L (weight remains on L).
3,4 Cross R over L, full un-wind L (weight remains on L).
&5,6 Step R beside L, cross L over R, hold.
&7&8 Step R beside L, cross L over R, Step R beside L, cross L over R.

ROCK. RECOVER. CROSS. SCUFF. BALL-CROSS. WALK (L, R, L). OUT. OUT.

- 1&2 Rock R to side, recover, cross R over L.
3&4 Scuff L thru (facing L diagonal), step L beside R, cross R over L.
5,6,7 Walk L, R, L (in a circle – finish facing 12:00).
&8 Step R out to side, step L out to side.

HEEL. TOE. HEEL. TOE. HEEL. STEP. POINT. STEP. SIDE. HOLD, TOGETHER. POINT.

- 1,2 Tap R heel fwd, touch R toe across L.
3&4 Tap R heel fwd, touch R toe across L, tap R heel fwd.
&5&6 Step R beside L, point L to side, step L beside R, step R to side.
7 hold.
&8 Step L beside R, point R to side.

TOGETHER. POINT. TWIST L, R, L, R 1/4 L. STEP. CROSS. 1/4 L HEEL-SLAP. 1/4 L STEP. HEEL-SLAP.

- &1,2 Step R beside L, point L to side (toe turned out), twist both heels L.
3&4 Twist heels R, twist heels L, twist heels R turning 1/4 L facing 9:00).
&5,6 Step L beside R, cross R over L, 1/4 L (weight R now facing 6:00), slap L heel with R hand.
7,8 1/4 L (step on L now facing 3:00), slap R heel with L hand.

LOCK-STEP. 1/2 L STEP. STEP-PIVOT 1/2 L. SIDE. TOUCH. UN-WIND 3/4 L (WEIGHT R). SWEEP.

- 1&2 R lock-step (travelling back).
3,4 1/2 L (step on L now facing 9:00), step R fwd.
5,6 Pivot 1/2 L, (weight L now facing 3:00), step R to side..
7,8& Touch L behind R, un-wind 3/4 L (weight on R now facing 6:00), sweep L to side.

BEHIND. SIDE. CROSS. TWIST L, R, L (1/4 R). HEELS. TOES. HEELS (TO R). HEELS. TOES. HEELS (TO L). HITCH.

- 1&2 Step L behind R, step R to side, cross L over R.
3&4 Twist heels L, R, L (achieving 1/4 R now facing 9:00).
5&6 Twist heels R, toes R, heels R (travelling to R).
7&8 Twists heels L, toes L, heels L while hitching R (travelling to L).

SIDE. BEHIND. SIDE. BEHIND. SIDE. STEP-PIVOT 1/2 R. STEP-PIVOT 1/4 R. KICK. STEP.

- 1,2 Step R to side, cross L behind R.
3&4 Step R to side, cross L behind R, step R to side.
5,6 Step L fwd, pivot 1/2 R (weight R now facing 3:00).
7&8& Step L fwd, pivot 1/4 R (weight R now facing 6:00), kick L fwd, step L to side.

CROSS. BEHIND. SAILOR-HEEL. STEP. CROSS. 1/4 L STEP. 1/2 L STEP. 1/4 L SIDE.

- 1,2 Cross R over L, step L to side.

3&4 R sailor-step (and tap R heel to R diagonal).
&5,6 Step R beside L, cross L over R, 1/4 L step back R (3:00).
7,8 1/2 L step fwd L (9:00), 1/4 L step R to side (6:00).

Start again – no tags or restarts. Finish on weave (counts 41&42) add a slow un-wind (full turn – 12:00)
