Handle Me Gently

Niveau: Beginner / Improver

Compte: 32 Chorégraphe: Susan Reynolds (USA) - February 2025 Musique: Crystallized - Kim Sozzi



No Tags or Restarts

Intro: 32 counts.

ROCKING CHAIR, SIDE ROCK, RIGHT SAILOR

Rock R forward, Recover on L, Rock R backward, Recover on L 1-4

Mur: 4

- 5-6 Rock R to R side, Recover on L
- 7&8 Cross R behind L, Step L to side, Step R out to side

LEFT SAILOR ROCKING CHAIR, SIDE ROCK

- Cross L behind R, Step R to side, Step L out to side 1&2
- 3-6 Rock R forward, Recover on L, Rock R backward, Recover on L
- 7-8 Rock R to R side, Recover on L

ROCK, RECOVER, SHUFFLE ½ TURN RIGHT, ¼ TURN RIGHT, COASTER

- 1-2 Rock R forward, Recover on L
- 3&4 Shuffle RLR as turn 1/2 R
- 5-6 Step L forward as 1/4 turn R (weight returns to R)
- Step L back, Step R back beside L, Step L forward 7&8

POINT STEP, POINT STEP, RIGHT SAILOR, POINT STEP

- 1-2 Point R toe to R Step on R in place
- 3-4 Point L toe to side, Step on L in place
- 5&6 Cross R behind L, Step L to side, Step R out to side
- 7&8 Point L toe to side, Step on L in place

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