

# One Pair of Hands (Christian song)

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 2      级数: Easy Beginner  
编舞者: Betty Lee (CAN) - December 2016  
音乐: One Pair Of Hands by Carroll Robertson



Start on lyrics "one"

## SECTION 1: L NIGHTCLUB BASIC, HOLD, CROSS, SIDE, BEHIND, SWEEP

1,2&3, 4      Step L to L, Step R behind L, Recover onto L, Step R to R, Hold  
5-8      Cross L over R, Step R to side, Step L behind R, Sweep R from front to back

## SECTION 2: BACK ROCK, FORWARD, HOLD, FORWARD ROCK, BACK, HOLD

1-4      Step back R, Recover to L, Step forward R, Hold  
5-8      Step forward L, Recover to R, Step back L, Hold

## SECTION 3: SIDE ROCK, CROSS, HOLD; VINE ¼ L, HOLD

1-4      Rock step R to R, Recover onto L, Cross R over L, Hold  
5-8      Step L to L, Step R behind L, ¼ turn L stepping L forward

## SECTION 4: STEP, PIVOT ½ L, FORWARD, STEP, PIVOT ¼ L, CROSS, SIDE MAMBO, SIDE MAMBO TOUCH

1&2      Step forward R, Pivot ½ turn L (wt onto L), Step forward R  
3&4      Step forward L, Pivot ¼ turn L (wt onto R), Cross L over R  
5&6      Rock step R to R, Recover to L, Step R next to L  
7&8      Rock step L to L, Recover to R, Touch L next to R

## REPEAT

Tag: 16 counts, happens at the end of wall 4, facing 12:00

### TS1. SIDE, DRAG, BACK ROCK; SIDE, DRAG, BACK ROCK

1-4      Long step L to L, Drag R towards L, Step R behind L, Recover to L  
5-8      Long step R to R, Drag L towards R, Step L behind R, Recover to R

### TS2. L SCISSORS STEP, HOLD; R SCISSORS STEP, HOLD

1-4      Step L to L, Step R next to L, Cross L over R, Hold  
5-6      Step R to R, Step L next to R, Cross R over L, Hold

Ending: Wall 5 begins facing 12:00, dance up to section 4, R side mambo, L side mambo cross; Instead of touch, unwind ½ turn R, weight onto L, step forward R

Last Update - 28th Dec 2016