

# Slow Hands

拍数: 24      墙数: 4      级数: Intermediate  
编舞者: Mitzi Day (USA) - August 2017  
音乐: Slow Hands - Niall Horan



Intro: 16 counts after music starts

Sequence: 24-24-24+Tag1-16-Restart-24-24+Tag2-24-24-24

**Right Kick Ball Step, R Mambo Step, L Sweep, R Sweep, Sailor Turn Half Over L.**

1&2      Kick right foot forward. Step down on ball of right. Step forward on left.  
3&4      Right foot rocks forward . Recover on left. Step back on right.  
5-6      Sweep left back. Step down on left foot. Sweep right back and step down on r.(12:00)  
7&8      Step left foot behind right foot. Step right foot slightly to side. Step left to left side.(6:00)

**Point Right Out In Big R Step To R Side. Rock Back On Left Recover Right. Step 1/4 Left. Roll Over Left Shoulder 1/4,1/2 Then1/2 More To Finish With A R Side Rock Recover Touch.**

**To Explain The Left Roll Easier, When You Finish The Roll You Will End The Side Rock At The Wall That Was At Your Back Where You Started The Points.**

1&2      Point right toe to right side(1) touch right toe beside left instep(&) big step to right side(2)  
[6:00]  
3&4      Rock left behind right foot. Recover on right. Step left 1/4 left.(3:00)  
5-6      Step right to right side making 1/4 turn left (12:00) Step left 1/2 (6:00)  
7&8      continue roll by side stepping right 1/2 turn (7)recover weight on left (&)touch right toe to left instep(8)[12:00]

**Diagonal R Rock Recover, Right Back Coaster Step, Left Foot Chase Step Turning 1/2 Right , Chug Twice Left 3/4 Turn.**

1-2      Press right foot at diagonal putting weight on right heel for hip action. Recover weight on left  
3&4      Step right foot back, step left beside right, step right forward.[12:00]  
5&6      Step left foot forward, pivot 1/2 with weight on right, step forward on left.[6:00]  
7&8      With weight on left foot raise right knee up and down twice while turning in a 3/4 circle over left shoulder.[9:00]

**TAG1: 1st Tag is at end of third rotation and you will be facing 6:00 when this third rotation starts. This is the chorus. At end of the 24 counts you will be facing 3:00 and will do this 8 ct tag: slide right foot to right side and touch left toe to right instep.(1-2) kick ball change left foot(3&4) Now step left foot to left side and touch right toe(5-6) and use hips to make knees go out right out left.(7-8)For fun you can use your hands spread in front palms facing front on the knee outs. Slow hands. Get it? haha**

**After 1st Tag you dance 16 cts then Restart. The restart wall will be at 3:00.this is after instrumental section.**

**TAG2: 2nd TAG is same as 1st but you will be facing 12:00 when the chorus starts on 5th rotation and at end of 24 cts you will be facing 9:00 for the Tag.**

Thnx for checking out my dance. Big thnx to Vicki and Yo plus my lovely Knox pals

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