

Palm Of Your Hand

拍数: 96 墙数: 4 级数: High Improver
编舞者: Keith Stewart (N.IRE) - October 2017
音乐: Addicted To You - Picture This



VERY QUICK INTRO ON THIS, HE SINGS "WELL I DON'T" – Start On The Word 'DON'T!!!'

SECTION 1 – RIGHT & LEFT SIDE ROCK BEHIND SIDE CROSS.

- 1-2 Rock right foot to right side, recover weight onto left foot in place.
- 3&4 Step right foot behind left, step left foot to left side, step right foot across left.
- 5-6 Rock left foot to left side, recover weight onto right foot in place.
- 7&8 Step left foot behind right, step right foot to right side, step left foot across right.

SECTION 2 - RIGHT AND LEFT ½ TURN SHUFFLES LEFT, WALK RIGHT LEFT, SHUFFLE FORWARD RIGHT.

- 9&10 Making a ½ turn over your left shoulder, shuffle right, left, right (you will be travelling forwards to 12:00)
- 11&12 Making a further ½ turn left, shuffle forward to 12:00 stepping left, right, left.
- 13-14 Walk forward right, left.
- 15&16 shuffle forward stepping right, left, right.

SECTION 3 – PIVOT ½ TURN RIGHT, LEFT SHUFFLE FORWARD, FOUR COUNT FULL TURN LEFT.

- 17-18 Step forward on left foot, pivot a ½ turn over the right shoulder, taking weight onto right foot.
- 19&20 Shuffle forward stepping left, right, left.
- 21-24 Make a full turn over the left shoulder travelling forward stepping right, left, right, left.

SECTION 4 – 2 RIGHT KICK BALL CROSSES, RIGHT ROCKING CHAIR.

- 25&26 Kick right foot forward, step down on right foot, step left foot across right.
- 27&28 Repeat 25&26.
- 29-32 Rock forward on right foot, recover weight onto left foot, rock back on right foot, recover weight onto left foot.

SECTION 5 – RIGHT SIDE ROCK, RIGHT SAILOR ½ TURN RIGHT, LEFT ROCK AND COASTER STEP.

- 33-34 Rock right foot to right side, recover weight onto left foot.
- 35&36 Step right foot behind left, making a 1/4 turn right, step left foot in place, make a further ¼ turn right stepping right foot to right side.
- 37-38 Rock forward on left foot, recover weight onto right foot.
- 39&40 Step left foot back, step right foot beside left, step left foot forward. (RESTART HERE ON WALL 2)

SECTION 6 – RIGHT STEP TOUCH & HEEL & STEP, WALK RIGHT LEFT, SHUFFLE FORWARD RIGHT.

- 41-42 Step forward on right foot, touch left toe behind right foot.
- &43&44 Step left foot in place behind right, put right heel forward, step down on right foot in place, step left foot forward.
- 45-46 Walk forward right, left.
- 47&48 Shuffle forward stepping right, left, right.

SECTION 7 – STEP ¼ TURN RIGHT, LEFT CROSS SHUFFLE, ½ TURN LEFT, SHUFFLE FORWARD RIGHT.

- 49-50 Step forward on left foot, pivot a ¼ turn right, taking weight onto right foot.
- 51&52 Cross left over right, step right to right side, cross left over right.
- 53-54 Making a ¼ turn left, step back on right foot, making a further ¼ turn left step left foot to left side (this will be a ½ turn when danced)

55&56 Shuffle forward stepping right, left, right.

SECTION 8 – LEFT & RIGHT DOROTHY STEPS, THREE WALKS FORWARD, SCUFF RIGHT.

57, 58& Step forward on left foot to left diagonal, lock right foot in behind left, step left foot to left diagonal.

59, 60& Step right foot to right diagonal, lock left foot in behind right, step right foot to right diagonal.

61 – 64 Walk forward left, right, left, scuff right foot forward.

(ON WALL FOUR, AT THIS POINT YOU WILL ADD IN A SIMPLE RIGHT ROCKING CHAIR, AND THEN RESTART FROM THE BEGINNING)

SECTION 9 – RIGHT & LEFT ROCK AND COASTER STEPS.

65-66 Rock forward on right foot, recover weight onto left foot in place.

67&68 Step back on right foot, step left foot beside right, step right foot forward.

69-70 Rock forward on left foot, recover weight onto right foot in place.

71&72 Step back on left foot, step right foot beside left, step left foot forward.

SECTION 10 – RIGHT & LEFT FORWARD ROCKS, WALKS BACK LEFT RIGHT, LEFT COASTER STEP, STEP ON RIGHT.

73, 74& Rock forward on right foot, recover weight onto left foot in place, step right foot beside left.

75 - 76 Rock forward on left foot, recover weight onto right foot.

77 -78 Walk back left, right.

79&80& Step back on left foot, step right foot beside left, step left foot forward, step right foot beside left.

SECTION 11 – LEFT & RIGHT ROCK AND COASTER STEPS.

81 – 82 Rock forward on left foot, recover weight onto right foot in place.

83&84 Step back on left foot, step right foot beside left, step left foot forward.

85 – 86 Rock forward on right foot, recover weight onto left foot in place.

87&88 Step back on right foot, step left foot beside right, step right foot forward.

SECTION 12 – LEFT & RIGHT FORWARD ROCKS, WALK BACK RIGHT LEFT, RIGHT COASTER STEP, STEP ON LEFT.

89, 90& Rock forward on left foot, recover weight onto right in place, step left foot beside right.

91 – 92 Rock forward on right foot, recover weight onto left foot in place.

93 – 94 Walk back right, left.

95&96& Step back on right foot, step left foot beside right, step right foot forward, step left foot beside right.

START AGAIN!!!

Restarts:-

On Wall Two After Count 40 – You Will Do Your Right Side Rock And Sailor ½ Turn And Left Rock And Coaster And Restart!!!

On Wall Four You Will Dance As Far As Count 64, Your Dorothy Steps And Walks Forward With The Scuff On Your Right, Then Add In A Right Rocking Chair Before Restarting The Dance From The Beginning!!!

Please Don't Be Put Off By The Number Of Counts, All The Steps Are Nice And Simple In This Dance, And Trust Me, It Doesn't Feel Anything Close To 96 Counts When Dancing It, And The Tags/Restarts Are Nice And Simple Too.

Any queries, please contact me on kaystew@hotmail.com, or look for me on facebook
