

Slow Hands

拍数: 48 墙数: 2 级数: Intermediate
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音乐: Slow Hands - Niall Horan



No Tags, No Restarts

A[1-8]: Walk right, walk left, syncopated pivot cross step, ¼ right turn, ½ right turn, shuffle step

- 1-2 Walk forward right (1), walk forward left (2)
3&4 Step forward on right (3) making a ¼ turn to left, step down on left (&), continuing on to another ¼ turn cross right foot over left (4) (you are now facing approximately 5-6 o'clock)
5-6 Stepping back on left start making a ¼ - ½ turn to the right depending on where you ended on step 4 (5), step down on right making a ½ turn to the right (6) (now facing 6 o'clock)
7&8 Shuffle forward left, right, left

B[1-8]: Rocking chair, rhondo, reverse syncopated grapevine to left, hip sways 2x

- 1-4 Rock forward on right (1), recover onto left and rhondo right foot forward to back (2), step right behind left (3), step left into place (&), cross right over left (4)
5-8 Sway left foot out to left side (5), sway hips to right (6), sway hips to left (7), sway hips to right (8)

C[1-8]: Reverse syncopated grapevine to right, slide, hitch, heel kicks 2x, kick ball cross

- 1-4 Step left behind right (1), step right in place (&), cross left over right (2), step right foot out to right side and slide (3), hitch left knee up (4)
5-8 Kick left heel forward (5), again kick left heel forward (6), kick left foot forward (7), step down on left (&) cross right foot over left

D[1-8] : Sway, Recover making ¼ turn to left, Coaster step, Full turn to the right, Right shuffle forward

- 1-4 Sway hips out to left (1), recover on right making a ¼ turn to the left (2), step left slightly behind right (3), step right in place (&) step left foot slightly forward (4) – now facing 3 o'clock
5-8 Starting full turn, making ½ turn to right (5), then the other ½ turn stepping onto the left (6), shuffle forward right, left right (7&8) – still at 3 o'clock

E[1-8]: Rock, Recover, Rhondo ¼ turn to left, Coaster Step, Toe struts

- 1-4 Rock forward on left (1), recover onto right making a rhondo ¼ turn to the left (now 12 o'clock) (2), step left foot slightly behind right (3), step right in place (&), step left slightly forward (4)
5-8 Strut right toe forward (5), step down on right (6), strut left toe forward (7), step down on left (8)

F[1-8]: Two ¼ turn hip grinds to the left, Two right hip bumps, Body Roll, Right hitch

- 1-4 With weight on left foot and using right toe to pivot, grind hips in counter clock-wise motion and make a ¼ turn to the left (1-2), repeat (3-4)
5-8 Bump right hip out to right two times (5&6), body roll with right foot forward (7), hitch right knee up (8)

REPEAT

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