

Healing Hands

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Maddison Glover (AUS) - August 2018
音乐: Healing Hands - Conrad Sewell : (4:11)



Introduction: 0.23 seconds. Start just after "You're still here my loveeee.. Mmm"

Back/Sweep, Back/Sweep, Back/Sweep, Behind, Side, Cross, Hold, Side Rock/Recover, Cross

- 1,2 Step back on L sweeping R around clockwise, step back on R sweeping L around anti-clockwise
3,4 &5 Step back on L sweeping R around clockwise, step R behind L, step L to L side, cross R over L
6,7&8 Hold, rock L to L side, recover weight onto R, cross L over R

¼ Turn, Out, Out, Together, Cross, Hold, Out, Out, Together, Cross Shuffle

- 1,2,3 Turn ¼ L stepping back on R (9:00), make ½ turn over L stepping fwd onto L (3:00), step fwd onto R
&4&5,6 Step L out to L side, step R out to R side, step L beside, cross R over L, hold
&7&8&1 Step L out to L side, step R out to R side, step L beside, cross R over L, Step L to L side, cross R over L

1/8 Mambo Forward, Turning ¼ Coaster, Mambo Forward, Turning ¼ Coaster

- 2& Turn 1/8 L rocking fwd onto L (1:30), recover weight back onto R
3 Step back onto L as you drag R heel towards L (1:30)
4& Step back on R, turn 1/8 L as you bring L together (12:00),
5 Turn 1/8 L as you step R fwd into diagonal (10:30)
6&7 Rock fwd onto L (10:30), recover weight back onto R, step back onto L as you drag R heel towards L
8& Step back on R, turn 1/8 L as you bring L together (9:00)
1 Turn 1/8 L as you step R fwd into diagonal (7:30)

Mambo Forward, Turning 1/8 Coaster Cross, Side, Knee Roll In, ¼ Turn Forward

- 2&3 Rock fwd onto L (7:30), recover weight back onto R, step back onto L as you drag R heel towards L
4&5 Step back on R, turn 1/8 L as you step L to L side (6:00), cross R over L
6,7 ,8 Step L to L side, roll R knee in towards L, turn ¼ R stepping forward onto R (9:00)

¾ Turn, Side, Cross Shuffle, Side Rock, Recover ¼, Lock Shuffle Forward

- 1 Make ½ turn over R as you step back on L foot whilst swinging R foot out (3:00)
2 Continue to swing R foot out/around as you make a further ¼ turn R (6:00)
&3&4 Step R to R side, cross L over R, step R to R side, cross L over R
5,6 Rock R to R side, recover weight onto L as you make a ¼ turn L (3:00)
7&8 Step fwd on R, lock L behind R, step fwd on R

Modified Option: If the dancer struggles to balance with the ¾ turn on one foot, suggest the following ¾ non-synopated turn:

- 1 Make ½ turn over R as you step back on L foot whilst swinging R foot out
2 Make ¼ R as you step R to R side
3&4 Cross L over R, step R to R side, cross L over R

Side, Together, Cross Shuffle, Side, Together, Cross Shuffle

- 1,2,3&4 Step L to L side, step/slide R beside L, cross L over R, step R to R side, cross L over R
5,6,7&8 Step R to R side, step/slide L together beside R, Cross R over L, step L to L side, cross R over L

½ Hinge Turn, Cross Rock/Recover, Back, Touch, Back, Touch, Back, Kick Fwd, Back, Tap Fwd

- 1,2 Turn ¼ R stepping back on L (6:00), turn ¼ R stepping R to R side (9:00)
3,4 Cross rock L over R, recover weight back onto R
&5 Step L slightly back into L diagonal, touch R toe beside L foot
&6 Step R slightly back into R diagonal, touch L toe beside R foot
&7&8 Step L slightly back into L diagonal, kick R fwd, step R slightly back, tap L to fwd with a bent L knee

Fwd, Walk, Walk, Chase ¼ Pivot, Cross, ¾ Turn, Rock Fwd, Recover with a Sweep

- &1,2 Step down onto L, walk fwd on R, walk fwd on L
3&4 Step R fwd, pivot ¼ turn L (6:00), cross R over L
5,6 Turn ¼ R stepping back on L (9:00), make ½ turn over R stepping fwd on R (3:00)
7,8 Rock fwd onto L, recover weight back onto R as you sweep L around anti-clockwise

ENDING: You will start the dance facing 3:00. Dance up to count 62 (finish the ¾ turn facing 6:00) then replace the rock/recover with a: step ½ pivot over R, stomp L out to L side as you raise both arms above head in a V shape.

NO TAGS, NO RESTARTS - What the? Thanks to Conrad for phrasing the music perfectly for us line dancers!

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