

Slow Hand

拍数: 68 墙数: 2 级数: Intermediate
编舞者: Colleen Archer (AUS)
音乐: Slow Hand - The Pointer Sisters



- 1&2 Step cross right over left, step left to side, replace weight onto right
3-4 Step left back, sweep right out to side and around to back
5&6 Step cross right behind left, step left to side, replace weight onto right (sailor)
7-8 Step left forward, sweep right out to side and around to front (12:00)
- 1&2 Cross shuffle to left stepping right-left-right
3-4 Step left to side, turn $\frac{1}{2}$ right and step right to side
5&6 Side shuffle to left stepping left-right-left
7&8 Kick right to 45 degrees, step right back, step cross left over right (kick ball cross) (6:00)
- 1&2 Step right to side, replace weight left, step cross right over left (samba)
3-4 Step left to side, turn $\frac{1}{4}$ right taking weight forward onto right
5&6 Step left to side, replace weight right, step cross left over right (samba)
7-8 Step right to side, turn $\frac{1}{4}$ right taking weight back onto left (grind right heel lifting toe) (12:00)
- 1-2&
3-4&
5-6 Step right back to 45 degrees, lock left over right, step right slightly to back (Dorothy)
Step left back to 45 degrees, lock right over left, step left slightly to back (Dorothy)
Rock back on right, rock forward onto left
7&8 Step right forward into $\frac{1}{2}$ turn left, turn another $\frac{1}{2}$ left stepping left beside right, right slightly forward (12:00)
- 1-2 Stomp left forward to left 45 degrees, hold
&3-4 Step right beside left, step left forward to 45 degrees, replace weight back onto right
5&6 Step cross left behind right, step right to side, step cross left over right
7-8 Stomp right forward to right 45 degrees, hold (12:00)
- &1-2 Step left beside right, step right forward to 45 degrees, replace weight back onto left
3&4 Shuffle back toward left 45 degrees stepping right-left-right
5-6 Step left to side (straighten up to wall) & sway hips slowly to left for 2 counts
7-8 Replace weight onto right and sway hips slowly to right for 2 counts (12:00)
- 1&2 Turn $\frac{1}{4}$ left and step left forward, turn $\frac{1}{2}$ left stepping right beside left, left beside right
3-4 Cross rock right over left, replace weight back onto left
5-6 Step right to side and slightly back, step cross left over right
7&8 Side shuffle stepping right-left-right (3:00)
- 1-2 Step cross left behind right (on ball of foot), hold and click looking over right shoulder
&3-4 Small step right to side, step cross left behind right (on ball of foot), hold and click
5-6 Replace weight forward onto right, turn $\frac{1}{4}$ right and step left back
7-8 Turn $\frac{1}{4}$ right and step right to side, step cross left over right (9:00)
9-10 Turn $\frac{1}{4}$ left and step right back, turn $\frac{1}{2}$ left and step left forward
11-12 Step right forward, turn $\frac{1}{2}$ left taking weight onto left (6:00)

REPEAT

TAG

After walls 2, 4, and 6

1-4 Shuffle forward stepping right-left-right, rock forward on left, rock back on right

5-8 Shuffle back stepping left-right-left, rock back on right, rock forward on left

9-12 Step right forward, hold, turn $\frac{1}{2}$ left taking weight onto left, hold

Start dance again

TAG AND RESTART

On wall 5, dance the first 8 counts of the dance, then add the following tag and restart the dance from count 1

1-4 Step right forward, rock back on left, step right back, rock forward on left (rocking chair, facing front)

ENDING

On sixth wall, add the tag dancing up to shuffle back left-right-left, turn $\frac{1}{2}$ right & step right forward, slide left up to right
