

# Handsfree

**COPPER** KNOB  
BY STEPHEN

拍数: 64      墙数: 2      级数: Advanced  
编舞者: Andrew Palmer (UK), Simon Cox (UK) & Sheila Palmer (UK) - June 2008  
音乐: Handsfree - Sonny J : (CD: Disastro - 3:57)



**Start on Main Vocals (40 counts - approx 23 seconds)**

**SIDE. SLIDE. CROSS. UN-WIND (FULL), BALL-CROSS, HOLD. STEP. CROSS. STEP. CROSS.**

1,2            Side L, slide R beside L (weight remains on L).  
3,4            Cross R over L, full un-wind L (weight remains on L).  
&5,6          Step R beside L, cross L over R, hold.  
&7&8          Step R beside L, cross L over R, Step R beside L, cross L over R.

**ROCK. RECOVER. CROSS. SCUFF. BALL-CROSS. WALK (L, R, L). OUT. OUT.**

1&2            Rock R to side, recover, cross R over L.  
3&4            Scuff L thru (facing L diagonal), step L beside R, cross R over L.  
5,6,7          Walk L, R, L (in a circle – finish facing 12:00).  
&8            Step R out to side, step L out to side.

**HEEL. TOE. HEEL. TOE. HEEL. STEP. POINT. STEP. SIDE. HOLD, TOGETHER. POINT.**

1,2            Tap R heel fwd, touch R toe across L.  
3&4            Tap R heel fwd, touch R toe across L, tap R heel fwd.  
&5&6          Step R beside L, point L to side, step L beside R, step R to side.  
7            hold.  
&8            Step L beside R, point R to side.

**TOGETHER. POINT. TWIST L, R, L, R 1/4 L. STEP. CROSS. 1/4 L HEEL-SLAP. 1/4 L STEP. HEEL-SLAP.**

&1,2            Step R beside L, point L to side (toe turned out), twist both heels L.  
3&4            Twist heels R, twist heels L, twist heels R turning 1/4 L facing 9:00).  
&5,6          Step L beside R, cross R over L, 1/4 L (weight R now facing 6:00), slap L heel with R hand.  
7,8            1/4 L (step on L now facing 3:00), slap R heel with L hand.

**LOCK-STEP. 1/2 L STEP. STEP-PIVOT 1/2 L. SIDE. TOUCH. UN-WIND 3/4 L (WEIGHT R). SWEEP.**

1&2            R lock-step (travelling back).  
3,4            1/2 L (step on L now facing 9:00), step R fwd.  
5,6            Pivot 1/2 L, (weight L now facing 3:00), step R to side..  
7,8&          Touch L behind R, un-wind 3/4 L (weight on R now facing 6:00), sweep L to side.

**BEHIND. SIDE. CROSS. TWIST L, R, L (1/4 R). HEELS. TOES. HEELS (TO R). HEELS. TOES. HEELS (TO L). HITCH.**

1&2            Step L behind R, step R to side, cross L over R.  
3&4            Twist heels L, R, L (achieving 1/4 R now facing 9:00).  
5&6            Twist heels R, toes R, heels R (travelling to R).  
7&8            Twists heels L, toes L, heels L while hitching R (travelling to L).

**SIDE. BEHIND. SIDE. BEHIND. SIDE. STEP-PIVOT 1/2 R. STEP-PIVOT 1/4 R. KICK. STEP.**

1,2            Step R to side, cross L behind R.  
3&4            Step R to side, cross L behind R, step R to side.  
5,6            Step L fwd, pivot 1/2 R (weight R now facing 3:00).  
7&8&          Step L fwd, pivot 1/4 R (weight R now facing 6:00), kick L fwd, step L to side.

**CROSS. BEHIND. SAILOR-HEEL. STEP. CROSS. 1/4 L STEP. 1/2 L STEP. 1/4 L SIDE.**

1,2            Cross R over L, step L to side.

3&4 R sailor-step (and tap R heel to R diagonal).  
&5,6 Step R beside L, cross L over R, 1/4 L step back R (3:00).  
7,8 1/2 L step fwd L (9:00), 1/4 L step R to side (6:00).

**Start again – no tags or restarts. Finish on weave (counts 41&42) add a slow un-wind (full turn – 12:00)**

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