

Tender Hands

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Improver
编舞者: Joan "Squizz" Curtis (UK) - August 2008
音乐: Tender Hands - Chris de Burgh : (Album: Flying Colours)



Intro: 32 COUNT INTRO, BEGIN ON VOCALS,

SECTION ONE: SIDE MAMBO X 2, RIGHT BOX STEP

1&2 ROCK RIGHT TO RIGHT, RECOVER ON LEFT, STEP RIGHT IN PLACE
3&4 ROCK LEFT TO LEFT, RECOVER ON RIGHT, STEP LEFT IN PLACE
5-6 CROSS RIGHT OVER LEFT, STEP LEFT BACK
7-8 STEP RIGHT TO RIGHT SIDE, CROSS LEFT OVER RIGHT

SECTION TWO: ROCK, RECOVER, CROSS SHUFFLE X 2

1-2 ROCK RIGHT OUT TO RIGHT SIDE, RECOVER ONTO LEFT
3&4 CROSS RIGHT OVER LEFT, STEP LEFT TO LEFT SIDE, CROSS RIGHT OVER LEFT
5-6 ROCK LEFT OUT TO LEFT SIDE, RECOVER ONTO RIGHT
7&8 CROSS LEFT OVER RIGHT, STEP RIGHT TO RIGHT SIDE, CROSS LEFT OVER RIGHT

SECTION THREE: ROCKING CHAIR, SCISSOR STEP, HOLD

1-2 ROCK RIGHT FORWARD, RECOVER ON LEFT
3-4 ROCK RIGHT BACK, RECOVER ON LEFT
5-6 STEP RIGHT TO RIGHT SIDE, STEP LEFT BESIDE RIGHT,
7-8 CROSS RIGHT OVER LEFT AND HOLD

SECTION FOUR: ROCKING CHAIR, SCISSOR STEP, HOLD

1-2 ROCK LEFT FORWARD, RECOVER ON RIGHT
3-4 ROCK LEFT BACK, RECOVER ON RIGHT
5-6 STEP LEFT TO LEFT SIDE, STEP RIGHT BESIDE LEFT
7-8 CROSS LEFT OVER RIGHT, HOLD

SECTION FIVE: FORWARD SHUFFLE X 2, SAILOR STEP, SAILOR ¼ TURN

1&2 STEP RIGHT FORWARD, CLOSE LEFT BESIDE RIGHT, STEP RIGHT FORWARD
3&4 STEP LEFT FORWARD, CLOSE RIGHT BESIDE LEFT, STEP LEFT FORWARD
5&6 CROSS RIGHT BEHIND LEFT, STEP LEFT TO LEFT SIDE, STEP RIGHT TO RIGHT SIDE
7&8 MAKE A ¼ TURN LEFT CROSSING LEFT BEHIND RIGHT, STEP RIGHT TO RIGHT SIDE,
STEP LEFT TO LEFT SIDE.

BEGIN AGAIN
