

Look Heart No Hands

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Celia Stevens (NZ) - July 2011
音乐: Look Heart, No Hands - Randy Travis



Intro 8 Counts - This Dance is done in all four directions rotating Anti-clockwise:

[1-8] ½ PIVOT, FWD SHUFFLE, JAZZ BOX ¼ CROSS.

1, 2 Step R forward, Turn ½ left weight L 6:00
3&4 Step R forward, Step L together, Step R forward, [** Wall 7 add ending here]
5, 6, 7, 8 Step L over right, Step R back, Turn ¼ left step L to side, Step R over left 3:00

[9-16] SIDE SHUFFLE, CROSS UNWIND ¾, ½ PIVOT, FWD SHUFFLE.

1&2 Step L to side, Step R together, Step L to side,
3, 4 Touch R behind left, Unwind ¾ right weight R 12:00
5, 6 Step L forward, Turn ½ right weight R 6:00
7&8 Step L forward, Step R together, Step L forward.

[17-24] STEP BEHIND, OUT-OUT, STEP BEHIND, OUT-OUT, FWD ROCK.

1, 2 Step R forward at 45` degrees, Step L behind,
& 3 Step R to side, Step L to side,
4, 5 Step R forward at 45` degrees, Step L behind,
& 6 Step R to side, Step L to side,
7, 8 Step R forward, Recover weight L.

[25-32] BACK-LOCK-BACK, ½ FWD SHUFFLE, ½ PIVOT, ¼ PIVOT.

1&2 Step R back, Step L over right, Step R back,
3&4 Turn ½ left Step L forward, Step R together, Step L forward, 12:00
5, 6 Step R forward, Turn ½ left weight L, 6:00
7, 8 Step R forward, Turn ¼ left weight L. (# Wall 5 Hold & Restart here) 3:00

[33-40] CROSS SAMBA, CROSS SAMBA, FWD ROCK, ½ TURN, HOLD.

1&2 Step R over left, Step L to side, Step R to side,
3&4 Step L over right, Step R to side, Step L to side,
5, 6 Step R forward, Recover weight L
7, 8 Turn ½ right step R forward, Hold 9:00

[41-48] ½ SHUFFLE, ½ SHUFFLE, ROCK/RECOVER, COASTER BACK.

1&2 Turn ¼ right step L to side, Turn ¼ right step R together, Step L back, 3:00
3&4 Turn ¼ right step R to side, Turn ¼ right step L together, Step R forward, 9:00
5, 6 Step L forward, Recover weight R,
7&8 Step L back, Step R together, Step L forward.

(48) REPEAT & ENJOY!

RESTART: On Wall 5 dance up to count 32 (#) Hold for 4 counts then restart the dance from the beginning now facing 3:00.

FINISH: On Wall 7 do the first 4 counts (**) then do a ½ Left Jazz box forward, Hold – raising arms out at sides with palm's turned up i.e. 'Look No Hands' facing 12:00.

1,2,3,4 Hold Step L over right, Step R Back, ½ turn left step L forward, Step R forward, HOLD & raise arms up out at sides palm's up

Contact: celia.stevens@gmail.com

Revised on site - 6th July 2011
