

My Hands

拍数: 32 墙数: 2 级数: Improver
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音乐: Something To Do With My Hands - Thomas Rhett



WALK, WALK, BROKEN LEG, WALK, WALK, BROKEN LEG

- 1-2 Walk right forward, left forward
- 3 Step right out 45° angle to right bending down
- &4 Step left forward, step right forward straightening up
- 5-6 Walk left forward, right forward
- 7 Step left out 45° angle to left bending down
- &8 Step right forward, step left forward straightening up

KICK BALL CHANGE BACK (2X), SWOOP RIGHT & LEFT, SLIDE RIGHT

- 1&2 Kick right forward, step right back, step left together
- 3&4 Repeat
- 5-6 Swoop hips right, swoop hips left
- 7-8 Slide right foot to right, drag left foot to right and tap

½ TURN WALK, SWOOP RIGHT, SWOOP LEFT, SLIDE LEFT

- 1-4 Walk L,R,L,R in ½ circle to left to new wall

Alternate intermediate steps for the ½ turn walk (running man steps)

- 1& Step right while simultaneously lifting left knee, pull/slide right foot back (weight still on right)
- 2& Step left (turning a little to left) simultaneously lifting right knee, pull slide left foot back.
- 3& repeat 1& turning a little more to new wall
- 4& repeat 2& finishing turn to new wall

- 5-6 Swoop hips left, swoop hips right
- 7-8 Slide left foot to left, drag right foot to left & tap

CROSS-ROCK RECOVER, COASTER STEP, CROSS-ROCK RECOVER, COASTER STEP

- 1-2 Rock right foot across left, recover on left foot
- 3&4 Right coaster step (step right back, left together, right forward)

Alternate intermediate steps for coaster step

Triple step-full turn to the right

- 5-6 Rock left foot across right, recover on right foot
- 7&8 Left coaster step (step left back, right together, left forward)

Alternate intermediate steps for coaster step

Triple step-full turn to the left

Start Again!

FACEBOOK: Country Line Dancing with Lois