

# Hands Are Better

拍数: 40      墙数: 4      级数: Intermediate  
编舞者: Sarah Jones (UK) - June 2012  
音乐: Hands Are Clever - Alex Clare



## 16 count intro

### Touch, kick, swing, ¼ sailor right, hip bumps left & right

- 1-2      Touch right next to left, kick right  
3&4      Swing right leg around to right making ¼ turn right, step right behind left, step left in place, step right beside left  
5&6      Step onto left bumping left, right, left  
7&8      Step onto right bumping right, left, right

### Side behind, ¼ turn step ½ turn, full turn, ¼ Monterey touch

- 1-2      Left step left, right step behind left  
&3-4      Turn ¼ left stepping onto left, step right forward, pivot ½ turn left  
5-6      Step back on right making ½ turn left, step left forward making ½ turn left

### (Option—step forward right, left)

- 7&8      Touch right to right side, turn ¼ right stepping onto right, touch left next to right

### Cross point, cross point, left & right cross, back, side steps

- 1-2      Cross step left over right, point right to right side  
3-4      Cross step right over left, point left to left side  
5&6      Cross step left over right, step right to right side, step left beside right  
7&8      Cross step right over left, step left to left side, step right beside left

### Rock recover, shuffle full turn, turn ¼, turn ¼, behind side step

- 1-2      Rock back on left, recover onto right foot  
3&4      Step back on left make ½ turn right, step forward on right making ½ turn right step forward on left (Option—left shuffle forward)  
5-6      Step ¼ turn right on right foot, Step ¼ turn right stepping left to left side  
7&8      Step right behind left, step left to left, step right over left

### Point steps, sailor ½ turn, bumps, mambo step

- 1&2      Point left foot forward, touch left next to right, point out to left  
3&4      Swing left round behind right making ½ turn left, step right beside left, step left beside right  
5&6      Step onto right bumping right, left right (weight on right)  
7&8      Rock forward on left, recover weight on right, step left beside right

Ending. Wall 8 dance first 16 which takes you back to the front, cross left over right for finish

No tags, no restarts.....Yeah!