

Slow Hand

拍数: 32 墙数: 2 级数: Phrased Beginner
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音乐: Slow Hand - The Pointer Sisters



Sequence: 32-32-Tag1-32-32-8-Tag2-32-32-Tag1-32-32-28-32 till the end
Intro: 32 counts

SEC 1: STEP TOGETHER, CHASSE SIDE, CROSS ROCK, RECOVER, CHASSE SIDE

1-2 Step R foot to R side, step L foot beside R foot
3&4 Step R foot to R side, step L foot beside R foot, step R foot to R side
5-6 Cross rock L foot over R foot, recover weight on R foot
7&8 Step L foot to L side, step R foot beside L foot, step L foot to L side (12.00)***

SEC 2: FORWARD ROCK, RECOVER, ¼ TURN R, TOUCH, ROLLING FULL TURN L, CHASSE SIDE

1-2 Rock R foot forward, recover weight on L foot
3-4 Turn ¼ R stepping R foot to R side, touch L toes beside R foot
5-6 Turn ¼ L stepping L foot forward, turn ½ L stepping R foot back
7&8 Turn ¼ L stepping L foot to L side, step R foot beside L foot, step L foot to L side (3.00)

SEC 3: CROSS ROCK, RECOVER, BALL CROSS, KICK, BACK SIDE, CROSS SHUFFLE

1-2& Cross rock R foot over L foot, recover weight on L foot, step R foot beside L foot
3-4 Cross L foot over R foot, kick R foot to R diagonal
5-6 Cross R foot behind L foot, step L foot to L side
7&8 Cross R foot over L foot, step L foot to L side, cross R foot over L foot (3.00)

SEC 4: SIDE ROCK, RECOVER ¼ TURN R, FORWARD SHUFFLE, HIP SWAY

1-2 Rock L foot to L side, recover weight on R foot and turn ¼ to R
3&4 Step L foot forward, lock R foot behind L foot, step L foot forward ***
5-8 Step R foot to R side and sway hips to R side, L side, R side, L side (6.00)

TAG 1: HIP SWAY

1-4 Sway hips to R side, L side, R side, L side

TAG 2: JAZZ BOX SIDE SCUFF, JAZZ BOX STEP TOUCH

1-4 Cross R foot over L foot, step L foot back, step R foot to R side, scuff L foot forward
5-8 Cross L foot over R foot, step R foot back, step L foot to L side, touch R toes beside L foot

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