

It's Out Of My Hands

COPPER KNOB
BY SHEETS

拍數: 34 牆數: 4 級數: Intermediate
編舞者: Hazel Pace (UK) - May 2015
音樂: It's Out of My Hands - David Kersh : (iTunes)



Intro: 16 Counts, Just before vocals. - 2 Easy restarts.

[1 – 8] □ Stride Left, Rock Recover Side, Behind Side Cross, & Cross, Side Rock Recover Cross.

- 1 Stride left to left side dragging right towards left.
- 2 & 3 Rock right behind left, recover on left, right to right side.
- 4 & 5 Step left behind right, right to right side, cross left over right.
- &6 Step right to right side, cross left over right.
- 7 & 8 Rock right to right side, recover on left, cross right over left.

[9 – 16] □ & Behind Side Cross, Side Rock Recover Cross, Rock Recover 1/4 Left, Cross Side Behind.

- &1&2 Step left to left side, right behind left, left to left side, cross right over left.
- 3 & 4 Rock left to left side, recover on right, cross left over right.
- 5 – 6 Rock right to right side, make 1/4 turn left rocking weight onto left. (9.00).
- 7 & 8 Cross right over left, left to left side, right behind left.

(Counts 15 – 18 circular movement).

[17 – 24] Sweep Left Behind Side Cross, & Rock Recover, & Rock Recover, 1/4 Right, Rock 1/2 Right.

- &1&2 Sweep left round behind right, step left behind right, right to right side, cross left over right.
- &3 – 4 Small step right on right, cross rock left over right, recover on right. (Facing right diagonal).
- &5 – 6 Small step left on left, cross rock right over left, recover on left. (Facing left diagonal).
- &7 – 8 Make 1/4 turn right stepping forward on right, rock forward on left making 1/2 turn right, recover on right. (6.00).

Restarts. Walls 3 & 6).

[25 – 34] Left Shuffle, Rock Recover 1/2 Left, 1/4 Left Side Behind Side, Cross Rock Recover, & Cross, Side Together.

- 1 & 2 Step forward on left, right beside left, forward on left.
- 3 – 4 Make 1/4 turn left rocking right to right side, recover onto left making 1/4 turn left. (12.00).
- 5 & 6 Make 1/4 turn left stepping right to right side, left behind right, right to right side. (9.00).
- 7 – 8 Cross rock left over right, recover on right.
- &1 Step back on left, cross right over left.
- 2& Step left to left side, right beside left.

Start Again.

*2 Easy Restarts. Walls 3 – 6 (12.00). After Count 24

Ending: □ Dance up to count 18 facing 3.00 unwind 3/4 turn right to front.

Contact ~ Email – hazel.pace@sky.com - www.hazelandrolys.com - 01538 360886 - Mobile 07807 914674