

Slow Hands

拍數: 32 牆數: 4 級數: Novice - smooth
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音樂: Slow Hands - Niall Horan : (iTunes & other mp3 sites)



Introduction: 16 counts, start approx 14 sec.

Sequences: 32, 16, Restart, 32, 16, Restart, 24, Restart, 32, 24, Restart, 32, 32, ending.

Part I. [1-8] Walks Fwd R, L, ½ Pivot Turn L, Continue a ½ Turn L, Sweep L, Weave R, Side Rock, Recover & Cross.

- 1-2 Walk R forward, Walk L forward.
- 3&4 Step R forward, Pivot ½ turn L (6) over L, Continue a ½ turn L (12) step R slightly back and sweep L from front to back.
- 5&6 Step L behind R, Step R to R, Step L across R.
- 7&8 Step R to R, Recover back onto L, Step R across L.

PART II. [9-16] Small Step Back, Sweep R, Behind, Side, ½ Pivot Turn L, ¼ Paddel Turn L, ½ Paddel Turn L, ½ Sailor Turn R.

- 1,2& Step L slightly back and sweep R from front to back, Step R behind L, Making ¼ turn L (9) step L to L.
- 3-4 Step R forward, Pivot ½ turn L (9) over L taking weight onto L.
- 5-6 Making ¼ turn L (12) over L and point R out to R, Making ½ turn (6) L over L and point R out to R.
- 7&8 Step R behind L, Making ½ turn R (12) step L to L, Step R forward.

(NB: Restart here in WALL 2 / 4 after 16& counts, after start again).

PART III. [17-24] Ball Step, Walk L, R Anchor Step, Sweeps Back & Replace L, R, L, Sailor Turn L.

- &1-2 Step L behind R on ball, Step R forward, Walk L forward.
- 3&4 Locked R behind L take weight onto R, Recover back onto L, Recover back onto R and sweep L from front to back.
- 5-6 Step L back in place slightly back and sweep R from front to back, Step R back in place and sweep L from front to back.
- 7&8 Step L behind R, Making ½ turn L (6) step R to R, Step L forward.

(NB: Restart here in WALL 5 / 7 after 24 counts, after start again).

PART IV. [25-32] 2x Cross Heel Jacks R, L (travelling fwd), Walk R with ¼ Turn L, Walk L, ½ Pivot Turn L, Together (weight change).

- 1&2& Step R across L, Step L to L slightly forward, Touch R heel diagonal forward, Step R back in place.
- 3&4& Step L across R, Step R to R slightly forward, Touch L heel diagonal forward, Step L back in place.
- 5-6 Making ¼ turn L (3) walk R forward, Walk L forward.
- 7-8 Step R forward, Pivot ½ turn L (9) over R and step L beside R taking weight onto L.

REPEAT DANCE AND HAVE FUN!!

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