

Handcuffs

拍數: 32 牆數: 4 級數: Improver
編舞者: Brandi Hughes (CAN) - January 2019
音樂: Handcuffs - Kira Isabella



Intro:16 Counts

Sec. 1: Step, Touch (x2), Shuffle Step, Touch, Step, Touch (x2), Shuffle Step, Touch

- 1&2& Step Right forward (1), Touch Left beside right (&), Step Left forward (2), Touch Right beside left (&)
3&4& Step Right forward (3), Step Left beside right (&), Step Right forward (4), Touch Left beside right (&)
5&6& Step Left back (5), Touch Right beside left (&), Step Right back (6), Touch Left beside right (&)
7&8& Step Left back (7), Step Right beside left (&), Step Left back (8), touch Right beside left (&)

Sec. 2: Rhumba Box, Hip Bumps, ¼ Hinge Turn Hip Bumps

- 1&2& Step Right to Right side (1), Step Left beside right (&), Step Right forward (2), Touch Left beside right (&)
3&4& Step Left to left side (3), Step Right beside left (&), Step Left back (4), Touch Right beside left (&)
5-6 Step Right back bumping right hip back (5), Bump Right hip back (6)
7-8 Step Left to left side making ¼ turn left (9:00) bumping left hip left (7), Bump Left hip left (8)

Sec. 3: Kick Ball Cross, Weave, Double Sailor Step

- 1&2& Kick Right forward (1), Step Right beside left (&), Cross Left over Right (2), Step Right to right side (&)
3&4 Cross Left behind right (3), Step Right to right side (&), Cross Left over right (4)
***Restart Here on Wall 3 you will be facing 3:00**
5&6& Step Right to right side (5), Cross Left behind right (&), Step Right to Right side (6), Step Left at center (&)
7&8 Cross Right behind left (7), Step Left to left side (&), Step Right forward (8)

Sec. 4: ½ Pivot, Shuffle Step, Step Together, Heel/Toe Walks Out (x3), Heel/Toe Walks in (x3), Touch, Hook

- 1-2 Step Left forward (1), Make ½ turn right stepping down on Right (3:00)(2)
3&4& Step Left forward (3), Step Right beside left (&), Step Left forward (4), Step Right beside left (&)
5&6& Turn Both Heels out (5), Turn Both Toes out (&), Turn Both Heels out (6), Turn Both Heels in (&)
7&8& Turn Both Toes in (7), Turn Both Heels in (&), Touch Right toe beside left (8), Hook Right heel across left shin (&)

Happy Dancing!

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