

Hand Me Downs

COPPER KNOB
STEPSHEETS

拍數: 28 牆數: 4 級數: Intermediate
編舞者: Gary O'Reilly (IRE) - October 2022
音樂: Hand Me Downs (feat. Dolly Parton) - Janelle Arthur



Music Available from iTunes & Amazon
#16 count intro

Section 1: WALK R, FWD ROCK, BACK, BACK, TOUCH, UNWIND, ¼ SIDE ROCK & CROSS, SIDE ROCK & CROSS

1 Walk forward on R (1)
2&3& Rock forward on L (2), recover on R (&), small run back on L (3), small run back on R (&)
4 5 Touch L toe back behind R dipping into bended knees (4), unwind ½ L rising back up and transfer weight forward onto L (5)(6:00)
6 & 7 ¼ L rocking R to R side (6), recover on L (&), cross R over L (7) (3:00)
& 8 & Rock L to L side (&), recover on R (8), cross L over R (&) **Restart

Section 2: R BASIC, SIDE TOUCH SIDE TOUCH, SIDE/Drag, BEHIND SIDE CROSS, SIDE ROCK & CROSS

1 2 & Step R long step to R side (1), step L slightly behind R (2), cross R over L (&)
3&4& Step L to L side (3), touch R next to L (&), step R to R side (4), touch L next to R (&)
5&6&7 Long step L to L side dragging R to meet (5), cross R behind L (6), step L to L side (&), cross R over L (7)
8 & 1 Rock L to L side (8), recover on R (&), cross L over R (1)

Section 3: 1/4, 1/4, CROSS ROCK, 1/4, 1/4 SWAY, SWAY, SWEEP, BEHIND SIDE FWD

2 & ¼ L stepping back on R (2), ¼ L stepping L to L side (&) (9:00)
3 4 Cross rock R over L (3), recover on L (4)
& 5 6 ¼ R stepping forward on R (&), ¼ R stepping L to L side swaying to L (5), sway R (6) (3:00)
7 Step back on L sweeping R around from front to back (7)
8 & 1 Cross R behind L (8), step L to L side (&), step forward on R (1)

Section 4: STEP, PIVOT 1/2, STEP, 1/2, 1/2

2 & 3 Step forward on L (2), pivot ½ R (&), step forward on L (3) (9:00)
4 & ½ L stepping back on R (4), ½ L stepping forward L (&) (9:00) *Tag

***TAG: At the end of Wall 3 (3:00), Wall 6 (12:00) & Wall 7 (9:00) add 4 count tag**

1 2 & Walk forward on R (1), rock forward on L (2), recover on R (&)
3 4 & Step back on L (3), rock back on R (4), recover on L (&)

****RESTART: Dance up-to count 8 of Wall 4 (6:00), & rather than cross L over R, step slightly across and forward on L, ready to restart the dance from the beginning**

ENDING: Dance 4 counts of Wall 9, finish the dance facing (12:00) by slowly unwinding ½ L.

Contact:

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