

Handle on You

拍數: 32 牆數: 4 級數: Beginner
編舞者: Peggy Worley (USA) - July 2023
音樂: Handle On You - Parker McCollum
或: How It Oughta Be - Shane Profitt



One easy tag at the end of dance. No restarts
Dance starts after a 32 count intro. Song: A Handle on you.

(1-8 Right & Left point and cross. right rock, recover & shuffling 1/2 R turn)

- 1-2 Point Right Foot to right side and cross right over left.
3-4 Point Left Foot to left side and cross left over right.
5-6 Rock RF forward, recover on LF.
7&8 Make a 1/2 shuffling right turn over the right shoulder by swinging RF to right side, step left together, step RF to the back wall and step LF together. (6:00)

(9-16 Rock LF forward & Step/slide 1/2 turn left, Heel switches, kick.)

- 1, 2 Rock LF forward and recover on right.
3,4 Pivot 1/2 left by making a big step over left shoulder and slide the RF together with Left.(12:00)
5&6&7,8 Tap R heel & replace, tap L heel & replace, tap right heel, and then lean back on RF while kicking LF forward.

(17-24 Lindy left & Rock RF back, Rock diag fwd R with shimmies.)

- 1&2, 3,4 Step LF to left, step RF together, Step LF to left (1&2), Rock back on RF (3), recover on LF (4).
5,6,7,8 While stepping RF forward diagonally to Right Front wall, Shimmy shoulders for 4 counts (two forward and two back.) *Or whatever 4 count shimmy is comfortable for you.

(25-32: Turning Jazz box to right wall, Heel swivels.)

- 1,2,3,4 Continue turning to the right 1/4 wall from the R front diagonal by crossing RF over LF, step back on LF, Step RF to the right side at 3:00. (right wall), then step LF together with RF.
5,6,7,8 Swivel both heels to the right, swivel to center, Swivel both heels to the left, swivel to center.
* Option: Replace heel swivels with Four count Apple jacks.

* Ending tag: For the Song, A Handle on you, On wall 10 at 6:00 (back wall), counts 5,6 rock, recover, Then at 7&8 shuffle turn to 12:00 front wall. To stay on that wall for the ending, rock forward on LF(9), recover on RF(10) and then do a left coaster step for counts 11&12. (Left back, right back, left forward.)

*For the song: How it Oughta be, Start the dance on count 16, with the lyrics. The song will end with you on the back wall at 6:00. After the Lindy and rock, turn to the front wall.

I hope you enjoy the dance. If you have any questions please contact me at peggasus01@gmail.com

Thanks for watching.