A Handle on You



拍數: 32 牆數: 4 級數: Improver

編舞者: Cathy Snow (USA) - January 2024 音樂: Handle On You - Parker McCollum



Intro: 32 counts (start on vocals)

Tag: Second time 12:00 wall- complete dance then add R step lock shuffle back (R, L, R) and Left lock step shuffle forward (L, R, L). Start dance again.

[1-8] LEFT CROSS ROCK, TRIPLE IN PLACE; RIGHT CROSS ROCK, TRIPLE IN PLACE

1-2	Cross/rock right over left; recover left
3&4	Triple in place stepping right, left, right
5-6	Cross/rock left over right; recover right
7&8	Triple in place stepping left, right, left

[9-16] SHUFFLE FORWARD, ROCK, RECOVER, SHUFFLE BACK. ROCK, RECOVER

1&2	Shuffle forward stepping right, left, right
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3-4 Rock left forward; recover right

5&6 Shuffle backward stepping left, right, left7-8 Rock back on right; recover on left

[17-24] 1/4 TURN, R SIDE ROCK, CROSS SHUFFLES; L SIDE ROCK, CROSS SHUFFLES

1-2	Step ¼ turn on right (face 9:00 wall first time), step right to
3&4	Step right to right side, cross left over right, shuffle R. L. R

5-6 Rock left to left side, recover R

7&8 Cross shuffle left over right, shuffle L, R, L

[25-32] SHUFFLE FORWARD, ½ TURN, ½ TURNING SHUFFLE, ROCK, RECOVER

1-2	Step forward right, step left next to right, step right forward
1-4	Step forward fiditi. Step felt flext to fiditi. Step fiditi forward

3-4 Step forward left, pivot ½ turn with weight on right

5&6 Turn 1/4 right, stepping left to left side, step right next to left, turn ¼ right, stepping back on

left

7-8 Rock back right, recover weight to left

Contact: Cathy @: mrssno@email.com *Dancing after TKR still problem with the other knee so no video as of yet.

Please feel free to post one. Thanks

Last Update - 24 Feb. 2024 - R2