

I Love Those Hands

拍數: 48 牆數: 4 級數: Improver
編舞者: Angela Rushing (USA) - September 2007
音樂: Rub It In - Jeff Bates : (CD: Leave the Light On)



Dance starts: 35 count intro (start on the words? Lie?)

SHIMMY 2X, ROCK RECOVER, CHASSE, L- ROCK, RECOVER, ½ TURN, CHASSE

1&2 Step side on right as you shimmy shoulders
3&4 Step side on left as you shimmy shoulders
5&6 Cross rock right over left, recover onto left
7&8 Step right to right side, close left beside right, step right to right side
9&10 Cross rock left over right, recover onto right
11&12 Step left to left side, close right beside left, making ½ left, step left to left side

KICK BALL CHANGE, R- GRAPEVINE, TOUCH

13&14 Right kick ball change - right, right, left
15&16 Repeat 13&14
17-20 Step right foot to side, step left foot behind right, step right foot to side, touch left next to right

SIDE TOGETHER SIDE HOLD, BACK LOCK, ROCK, CROSS, ½ TURN

21&22 Step left to side, step right together
23&24 Step left forward to side, hold
25&26 Step right back, lock left over right, step right back
27&28 Rock right foot over left, making ½ turn to the right

KICK, CROSS, KICK BACK

29-30 Kick left toe to the left, cross left in front of right
31-32 Kick right toe to the right, cross right in front of left
33&34 Kick left toe to the left, cross left behind right foot
35&36 Kick right toe to the right, cross right behind left foot
Optional: When kicking and crossing, rub both of your hands together like you have lotion on your hands.

SHUFFLE, SHUFFLE, ¼ TURN

37-38 Shuffle left, right, left (in place)
39-40 Shuffle right, left, right (in place)
41-42 Shuffle left, right, left (making ¼ turn to the left while doing shuffle in place)
43-44 Shuffle right, left, right

HEEL JACK, HEEL JACK

45 Step right diagonally back right, touch left heel diagonally forward left
46 Close left beside right, cross right over left
47 Step left diagonally back left, touch right heel diagonally forward right
48 Close right beside left, step left slightly forward

Repeat counts 1-48 Enjoy Dancing and Have Fun!