

# Tender Hands

COPPERKNOB  
STEPSHEETS

拍數: 40      牆數: 4      級數: Improver  
編舞者: Joan "Squizz" Curtis (UK) - August 2008  
音樂: Tender Hands - Chris de Burgh : (Album: Flying Colours)



Intro: 32 COUNT INTRO, BEGIN ON VOCALS,

## SECTION ONE: SIDE MAMBO X 2, RIGHT BOX STEP

1&2      ROCK RIGHT TO RIGHT, RECOVER ON LEFT, STEP RIGHT IN PLACE  
3&4      ROCK LEFT TO LEFT, RECOVER ON RIGHT, STEP LEFT IN PLACE  
5-6      CROSS RIGHT OVER LEFT, STEP LEFT BACK  
7-8      STEP RIGHT TO RIGHT SIDE, CROSS LEFT OVER RIGHT

## SECTION TWO: ROCK, RECOVER, CROSS SHUFFLE X 2

1-2      ROCK RIGHT OUT TO RIGHT SIDE, RECOVER ONTO LEFT  
3&4      CROSS RIGHT OVER LEFT, STEP LEFT TO LEFT SIDE, CROSS RIGHT OVER LEFT  
5-6      ROCK LEFT OUT TO LEFT SIDE, RECOVER ONTO RIGHT  
7&8      CROSS LEFT OVER RIGHT, STEP RIGHT TO RIGHT SIDE, CROSS LEFT OVER RIGHT

## SECTION THREE: ROCKING CHAIR, SCISSOR STEP, HOLD

1-2      ROCK RIGHT FORWARD, RECOVER ON LEFT  
3-4      ROCK RIGHT BACK, RECOVER ON LEFT  
5-6      STEP RIGHT TO RIGHT SIDE, STEP LEFT BESIDE RIGHT,  
7-8      CROSS RIGHT OVER LEFT AND HOLD

## SECTION FOUR: ROCKING CHAIR, SCISSOR STEP, HOLD

1-2      ROCK LEFT FORWARD, RECOVER ON RIGHT  
3-4      ROCK LEFT BACK, RECOVER ON RIGHT  
5-6      STEP LEFT TO LEFT SIDE, STEP RIGHT BESIDE LEFT  
7-8      CROSS LEFT OVER RIGHT, HOLD

## SECTION FIVE: FORWARD SHUFFLE X 2, SAILOR STEP, SAILOR ¼ TURN

1&2      STEP RIGHT FORWARD, CLOSE LEFT BESIDE RIGHT, STEP RIGHT FORWARD  
3&4      STEP LEFT FORWARD, CLOSE RIGHT BESIDE LEFT, STEP LEFT FORWARD  
5&6      CROSS RIGHT BEHIND LEFT, STEP LEFT TO LEFT SIDE, STEP RIGHT TO RIGHT SIDE  
7&8      MAKE A ¼ TURN LEFT CROSSING LEFT BEHIND RIGHT, STEP RIGHT TO RIGHT SIDE,  
STEP LEFT TO LEFT SIDE.

BEGIN AGAIN

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