

Hands Are Better

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Sarah Jones (UK) - June 2012
音樂: Hands Are Clever - Alex Clare



16 count intro

Touch, kick, swing, ¼ sailor right, hip bumps left & right

1-2 Touch right next to left, kick right
3&4 Swing right leg around to right making ¼ turn right, step right behind left, step left in place, step right beside left
5&6 Step onto left bumping left, right, left
7&8 Step onto right bumping right, left, right

Side behind, ¼ turn step ½ turn, full turn, ¼ Monterey touch

1-2 Left step left, right step behind left
&3-4 Turn ¼ left stepping onto left, step right forward, pivot ½ turn left
5-6 Step back on right making ½ turn left, step left forward making ½ turn left

(Option—step forward right, left)

7&8 Touch right to right side, turn ¼ right stepping onto right, touch left next to right

Cross point, cross point, left & right cross, back, side steps

1-2 Cross step left over right, point right to right side
3-4 Cross step right over left, point left to left side
5&6 Cross step left over right, step right to right side, step left beside right
7&8 Cross step right over left, step left to left side, step right beside left

Rock recover, shuffle full turn, turn ¼, turn ¼, behind side step

1-2 Rock back on left, recover onto right foot
3&4 Step back on left make ½ turn right, step forward on right making ½ turn right step forward on left (Option—left shuffle forward)
5-6 Step ¼ turn right on right foot, Step ¼ turn right stepping left to left side
7&8 Step right behind left, step left to left, step right over left

Point steps, sailor ½ turn, bumps, mambo step

1&2 Point left foot forward, touch left next to right, point out to left
3&4 Swing left round behind right making ½ turn left, step right beside left, step left beside right
5&6 Step onto right bumping right, left right (weight on right)
7&8 Rock forward on left, recover weight on right, step left beside right

Ending. Wall 8 dance first 16 which takes you back to the front, cross left over right for finish

No tags, no restarts.....Yeah!