

# Hands

拍數: 40      牆數: 2      級數: Improver - Smooth WCS  
編舞者: Bettina "Betti" Drescher (DE) - September 2012  
音樂: Hands Are Clever - Alex Clare



## [1 – 8] Jazz Box – Kick – Touch – Hipp Roll

1 & 2      RF cross over LF, LF step back (&) – RF step side right  
3 & 4      LF cross over RF, RF step back (&) – LF step side left  
5 & 6      RF kick forward – RF step back (&) – LF touch forward  
7 - 8      Hip Roll clockwise 2 Counts, ending right

## [9 – 16] Coaster Step – Walk 2x – ½ Triple Turn 2x

1 & 2      LF step back, RF step next to LF (&) – LF step forward  
3 – 4      RF step forward – LF step forward  
5 & 6      ¼ turn left RF step side left, LF step next to RF (&), ¼ turn left RF step back (6.00)  
7 & 8      ¼ turn left LF step side left, RF step next to LF (&), ¼ turn left LF step forward (12.00)

**Restart: Restart dance here in 6th wall**

## [17 – 24] Heel Jack – Cross – ¼ Turn l – Kick – Back – Kick – Back – Swiffle (Heeltwist)

1 & 2 &      RF cross over LF – LF step side left (&), touch right Heel diagonal right forward, RF step next to LF (&)  
3 & 4 &      LF cross over RF, ¼ turn left RF step back (9.00) (&), LF kick forward, LF step back (&)  
5 & 6 &      RF kick forward, RF step back (&), LF kick forward, touch LF in front of RF (&)  
7 & 8 &      Turn both Heels left, turn both Heels to center (&), Turn both Heels left, turn both Heels to center (&)

## [25 – 32] Cross – Side – Together – Cross – ½ Turn – Side – Weave – ¼ Turn

1 & 2      LF cross over RF, RF step side right (&), LF step next to RF  
3 & 4      RF cross over LF, LF step side left & ½ right (3.00) (&), RF step side right  
5 & 6 &      LF cross over RF, RF step side right (&), LF cross behind RF, RF step side right  
7 & 8      LF cross over RF, RF step side right (&), ¼ turn left (12.00) ending RF

## [33 – 40] Step – ½ Turn Sweep – Kick – Back - Rock Step (3x)

1 – 2      LF step forward, ½ turn left with sweep RF step next to LF (6.00)  
3 & 4 &      LF kick forward, LF step back (&), RF rock back, Recover (&)  
5 & 6 &      RF kick forward, RF step back (&), LF rock back, Recover (&)  
7 & 8 &      LF kick forward, LF step back (&), RF rock back, Recover (&)

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