

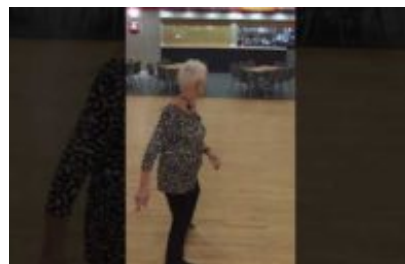
# No Hands

 [linedancemag.com/no-hands/](http://linedancemag.com/no-hands/)

**Choregraphie par :** Hazel Pace

**Description :** 48 temps, 2 murs, Intermediaire,  
Décembre 2018

**Musique :** Look Heart, No Hands by Randy  
Travis. Album: I Told You So



**Intro: 8 Counts**

**[1 – 8] Back Touch, Left Shuffle, Rock Recover, 3/4 Triple Turn Right.**

1 – 2 Step back on right, touch left in front of right.

3 & 4 Step forward on left, right beside left, forward on left.

5 – 6 Rock forward on right, recover on left.

7 & 8 Make 3/4 turn right on right, left, right. (9.00).

**[9 – 16] Side Behind, 1/4 Left Shuffle, Step 1/2 Left, Hook Left, Left Shuffle.**

1 – 2 Step left to left side, right behind left.

3 & 4 Step left to left side, right beside left, step left 1/4 turn left. (6.00).

5 – 6 Step forward on right, make 1/2 turn left hooking left in front of right. (12.00).

7 & 8 Step forward on left, right beside left, forward on left.

**[17 – 24] Step Right, Make 1/4 Turn Left, Right Shuffle, Rock Recover, Full Triple Turn Left.**

1 – 2 Step forward on right, make 1/4 turn left rocking weight onto left. (9.00).

3 & 4 Step forward on right, left beside right, forward on right.

5 – 6 Rock forward on left, recover on right.

7 & 8 Make full triple turn left on left, right, left. (Alt. Left Coaster Step).

**[25 – 32] Rocking Chair, Step 1/2 Left, Left Side, Cross Rock Recover.**

1 – 2 Rock forward on right, recover on left.

3 – 4 Rock back on right, recover on left.

5 – 6 Step forward on right, make 1/2 turn left stepping left to left side. (3.00).

7 – 8 Cross rock right over left, recover on left

**[33 – 40] Side Shuffle Right, Cross Rock Recover, Side Shuffle Left, Cross 1/4 Right.**

1 & 2 Step right to right side, left beside right, right to right side.

3 – 4 Cross rock left over right, recover on right.

5 & 6 Step left to left side, right beside left, left to left side.

7 – 8 Cross right over left, make 1/4 right stepping back on left. (6.00).

**\*\* Tag, & Restart – 5th Sequence, Section 5, Dance up to count 4.**

**Count 5, make 1/4 turn left, Count 6, touch right beside left, start again. (12.00).**

**The music fades on right side shuffle, keep dancing at same speed.**

**[41 – 48] Step 1/4 Right Pointing Left, Full Turn To Left Point Right, 3/4 Turn Right.**

1 – 2 Make 1/4 turn right stepping right to right side, point left to left side. (9.00).

3 – 4 Step left 1/4 turn left, 1/2 turn left stepping back on right.

5 – 6 Step left 1/4 turn left, point right to right side. (9.00).

7 – 8 Step right 1/4 turn right, make 1/2 turn right stepping back on left. (6.00).

**Dance ends on 7th sequence after 18 counts.**

**Dance 1 – 16 counts.**

**Ending 2 counts, cross right over left, unwind 1/2 turn to front.**

**Contact: 01538 360886 – Mobile: 07807 914674 – Email – [hazel.pace@sky.com](mailto:hazel.pace@sky.com).**

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