

Handsfree



Choreography:	Kate Sala
Description:	2 Wall A, B Line Dance: - 64 Counts part A. 32 Counts part B. Intermediate Level.
Music:	Sonny J – Handsfree

Sequence: A, A, B, A, A, B, A

Start after a 40 count intro on vocals.

PART A

STEP, LOCK, FORWARD LOCK STEP, STEP, PIVOT ½ TURN RIGHT, STEP, PIVOT ½ TURN RIGHT, STEP

- 1-2 Step right forward, lock cross left behind right
3&4 Step right forward, lock cross left behind right, step right forward
5-6 Step left forward, pivot ½ turn right
7&8 Step left forward, pivot ½ turn right, step left forward

ROCK FORWARD, RECOVER, WEAVE LEFT, SIDE STEP, TOGETHER, SWIVEL RIGHT

- 1-2 Rock right forward, recover left back
3&4 Cross right behind left, step left to side, cross right over left
5-6 Take a big step left, step right together
7&8 Swivel both heels right, swivel both toes right, swivel both heels right

ROCK BACK, RECOVER, STEP, PIVOT ¼ TURN RIGHT, CROSS, SIDE STEP TOGETHER, HEEL SWIVELS

- 1-2 Rock left back, recover on right
3&4 Step left forward, pivot ¼ turn right, cross left over right
5-6 Take a big step right, step left in next to right
7&8 On balls of feet swivel heels left, center, left

ROCK FORWARD, RECOVER, TRIPLE FULL TURN LEFT, CROSS, SIDE, BEHIND & HEEL

- 1-2 Rock left forward, recover back on to right
3&4 Triple full turn left on the spot on left, right, left
5-6 Cross right over left, step left to side
7&8 Cross right behind left, step left to side, dig right heel forward to right diagonal

HOLD, & CROSS, HOLD, & CROSS, MONTEREY ¼ TURN RIGHT & SIDE SWITCH WITH TOUCH RIGHT

- 1&2 Hold, step down on ball of right in place, cross left over right
3&4 Hold, step on ball of right slightly to right side, cross left over right
5-6 Touch right toe out to right side, Monterey ¼ turn right
7&8 Touch left toe out to left side, step left together, touch right toe out to right side

ROCK BACK, RECOVER, FORWARD LOCK STEP, FULL TURN WALK AROUND RIGHT

- 1-2 Rock right back, recover on to left
3&4 Step right forward, lock cross left behind right, step right forward
5-8 Walk around small circle to the right on left, right, left, right completing a full turn

...taught and danced in

Klitgaard

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ROCK FORWARD, RECOVER, BACK LOCK STEP, ROCK BACK RECOVER, RIGHT SIDE MAMBO CROSS

- 1-2 Rock forward on to left, recover back on to right
3&4 Step back on to left, lock cross right over left, step left back
5-6 Rock right back, recover on to left
7&8 Side rock on right out to right side, recover on to left, cross right over left

LEFT SIDE LUNGE, RECOVER, LEFT SAILOR STEP, CROSS TOUCH, HITCH, TOUCH BACK, HOLD, BALL STEP

- 1-2 Lunge out to left side on left lifting left shoulder up & pushing right shoulder down, recover on to right
3&4 Cross left behind right, step right out to right side, step left to side
5&6 Cross touch right toe over to left diagonal, hitch right knee up slapping knee with right hand, touch right toe back keeping the weight left forward
7&8 Hold, step on the ball of right behind left, step left forward

PART B

WALK FORWARD, STEP OUT, OUT, HOLD FOR 3 COUNTS, TURN ½ LEFT

- 1-3 Walk right forward, left, right
4& Step left out to left side, step right out to right side
5-7 Hold for 3 counts
8& Step right back starting to turn left, complete ½ turn left stepping left forward

WALK FORWARD, STEP OUT, OUT, HOLD FOR 3 COUNTS, TURN ½ LEFT

- 1-8 Repeat the above 8 counts

TURN ¼ LEFT WITH RIGHT GRAPEVINE, WEAVE RIGHT, SIDE ROCK RIGHT WITH ¼ TURN LEFT, RUN TWICE

- 1-3 Turn ¼ left stepping right to right side, cross left behind right, step right to side
4&5 Cross left over right, step right to side, cross left behind right
6-7 Rock out on right to right side, recover on to left with ¼ turn left
8& Small run forward on right, left

TURN ¼ LEFT WITH RIGHT GRAPEVINE, WEAVE RIGHT, SIDE ROCK RIGHT WITH ¼ TURN LEFT, RUN TWICE

- 1-8 Repeat the above 8 counts

Start again with Part A

ENDING

You will finish at the end of section 5 of part A. Then cross step R behind L & ½ unwind R, taking the arms up and out making a circle. Facing front wall.

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