

YOU AND YOUR HAND

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Count: 64

Wall: 2

Level: intermediate

Choreographer: Val O'Connor

Music: U And Ur Hand (Clean Edit) by Pink

STEP OUT OUT, PIGEON TOES, ¼ MONTEREY, LOCK STEP

1-2 Step right foot to right side, step left foot to left side

3&4(Bringing both feet together) bring heels together, toes together, heels together

5-6 Point right toe to right side, make ¼ turn right stepping right next to left (3:00)

7&8 Step forward on left, lock right behind left, step forward on left

STEP HITCH, COASTER STEP, SWAY SWAY, ¼ SAILOR STEP

1-2 Step forward on right, hitch left leg

3&4 Step back on left, step right next to left, step forward on left

5-6 Step right to right side as you sway hips to right, step left to left side as you sway hips to left

7&8 Cross right behind left, make ¼ turn right as step left to left side, step right to right side (6:00)

CROSS, SIDE, FUNKY WEAVE, DIP, ¼ JAZZ BOX

1-2 Cross left over right, step right to right side

3&4 Cross left behind right, step right to right side, cross left over right

Option: at the same time raise right shoulder then left then right making it funky

5-6 Step right to right side bending both knees & placing hands on thighs, straighten both knees standing up

7&8 Cross right over left, step back on left, make ¼ turn right stepping right to right side (9:00)

CROSS ROCK, COASTER STEP, CROSS ROCK COASTER STEP

1-2 Cross rock left over right, recover onto right

3&4 Step back on left, step right next to left, step forward on left

5-6 Cross rock right over left, recover onto left

7&8 Step back on right, step left next to right, step forward on right (9:00)

CROSS, SIDE, VAUDEVILLE STEP, CROSS, SIDE, ¼ VAUDEVILLE STEP

- 1-2** Cross left over right, step right to right side
- 3&4** Cross left behind right, step back slightly on right, dig left heel forward
- &5-6** Step down on left, cross right over left, step left to left side
- 7&8** Cross right behind left, step back slightly on left, make ¼ turn right as you dig right heel forward (12:00)

BACK, CROSS ROCK, SIDE, CROSS UNWIND, CROSS ROCK, SIDE, CROSS UNWIND

- &1-2** Step back on right, cross rock left over right, recover on right
- &3-4** Step left to left side, cross right over left, unwind ½ turn left (weight on right) (6:00)
- 5-6** Cross rock left over right, recover onto right
- &7-8** Step left to left side, cross right over left, unwind ½ turn left (weight on right) (12:00)

SIDE ROCK, BEHIND AND CROSS, SIDE ROCK, ¼ SAILOR

- 1-2** Rock left to left side, recover onto right
- 3&4** Cross left behind right, step right to right side, cross left over right
- 5-6** Rock right to right side, recover onto left
- 7&8** Cross right behind left, make ¼ turn right stepping left to left side, step right to right side (3:00)

KNEE ROLLS, FORWARD ROCK, BACK TURN STEP

- 1-2** Roll left knee out to left side, step down on left
- 3-4** Roll right knee out to right side, step down on right
- 5-6** Rock forward on left, recover onto right
- 7&8** Step back on left, make ¼ turn right stepping right to right side, step forward on left (6:00)

REPEAT

TAG

To be danced at the end of walls 2 & 4 (16 counts) both times facing front

CROSS POINT, CROSS POINT, CROSS UNWIND, HOLD, STEP BACK

- 1-2-3-4** Cross right over left, point left to left side, cross left over right, point right to right side
- 5-6** Cross right over left, unwind ½ turn left (weight on both feet)

7&8 Hold for count 7, step back right left (&8)

Repeat one more time then start dance from the beginning

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=47417