

These Hands EZ

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Count: 32 **Wall:** 2 **Level:** Beginner

Choreographer: K. Sholes - October 2017

Music: These Hands by The Railers

Section 1: Heel dig, Step, Hold X2

1-4 Step R heel forward, Twist R toes to right, Step R next to L, Hold,

5-8 Step L heel forward, Twist L toes to left, Step L next to R, Hold.

Section 2: 1/4 Turn Cross Weave, Mambo, Hold

1-4 Cross R over L, Step L to side, Step R behind, Step L 1/4 Turn left,

5-8 Rock R forward, Recover L, Step R back, Hold.

Section 3: 1/4 Turn K-Step

1-4 Step L diagonally left, Touch R next to L, Step R back, Touch L next to R,

5-8 Step L 1/4 left, Touch R next to L, Step R back, Touch L next to R.

Section 4: Kick, Kick, Step, Hold, Kick, Kick, Stomp Stomp

1-4 Kick L forward, Kick L to side, Step L next to R, Hold,

5-8 Kick R forward, Kick R to side, Stomp R, StompL.

(Kicks in section #4 can be changed to touches)

Begin Again! Enjoy!