

# TENDER HANDS

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**Count:** 40                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Joan Squizz Curtis (UK) August 2008

**Music:** Tender Hands, 116 bpm by Chris De Burgh on Flying Colours

**Intro: 32 COUNT INTRO, BEGIN ON VOCALS,**

**SECTION ONE: SIDE MAMBO X 2, RIGHT BOX STEP**

**1&2 ROCK RIGHT TO RIGHT, RECOVER ON LEFT, STEP RIGHT IN PLACE**

**3&4 ROCK LEFT TO LEFT, RECOVER ON RIGHT, STEP LEFT IN PLACE**

**5-6 CROSS RIGHT OVER LEFT, STEP LEFT BACK**

**7-8 STEP RIGHT TO RIGHT SIDE, CROSS LEFT OVER RIGHT**

**SECTION TWO: ROCK, RECOVER, CROSS SHUFFLE X 2**

**1-2 ROCK RIGHT OUT TO RIGHT SIDE, RECOVER ONTO LEFT**

**3&4 CROSS RIGHT OVER LEFT, STEP LEFT TO LEFT SIDE, CROSS RIGHT OVER LEFT**

**5-6 ROCK LEFT OUT TO LEFT SIDE, RECOVER ONTO RIGHT**

**7&8 CROSS LEFT OVER RIGHT, STEP RIGHT TO RIGHT SIDE, CROSS LEFT OVER RIGHT**

**SECTION THREE: ROCKING CHAIR, SCISSOR STEP, HOLD**

**1-2 ROCK RIGHT FORWARD, RECOVER ON LEFT**

**3-4 ROCK RIGHT BACK, RECOVER ON LEFT**

**5-6 STEP RIGHT TO RIGHT SIDE, STEP LEFT BESIDE RIGHT,**

**7-8 CROSS RIGHT OVER LEFT AND HOLD**

**SECTION FOUR: ROCKING CHAIR, SCISSOR STEP, HOLD**

**1-2 ROCK LEFT FORWARD, RECOVER ON RIGHT**

**3-4 ROCK LEFT BACK, RECOVER ON RIGHT**

**5-6 STEP LEFT TO LEFT SIDE, STEP RIGHT BESIDE LEFT**

**7-8 CROSS LEFT OVER RIGHT, HOLD**

**SECTION FIVE: FORWARD SHUFFLE X 2, SAILOR STEP, SAILOR  $\frac{1}{4}$  TURN**

**1&2 STEP RIGHT FORWARD, CLOSE LEFT BESIDE RIGHT, STEP RIGHT FORWARD**

**3&4 STEP LEFT FORWARD, CLOSE RIGHT BESIDE LEFT, STEP LEFT FORWARD**

**5&6 CROSS RIGHT BEHIND LEFT, STEP LEFT TO LEFT SIDE, STEP RIGHT TO RIGHT SIDE**

**7&8 MAKE A  $\frac{1}{4}$  TURN LEFT CROSSING LEFT BEHIND RIGHT, STEP RIGHT TO RIGHT SIDE, STEP LEFT TO LEFT SIDE.**

**BEGIN AGAIN**