

# Hand Me Downs

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**Count:** 28

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Gary O'Reilly (IRE) - October 2022

**Music:** - Janelle Arthur

## Music Available from iTunes & Amazon

### #16 count intro

### Section 1: WALK R, FWD ROCK, BACK, BACK, TOUCH, UNWIND, ¼ SIDE ROCK & CROSS, SIDE ROCK & CROSS

**1** Walk forward on R (1)

**2&3&** Rock forward on L (2), recover on R (&), small run back on L (3), small run back on R (&)

**4 5** Touch L toe back behind R dipping into bended knees (4), unwind ½ L rising back up and transfer weight forward onto L (5)(6:00)

### 6 & 7¼ L rocking R to R side (6), recover on L (&), cross R over L (7) (3:00)

**& 8 &** Rock L to L side (&), recover on R (8), cross L over R (&) \*\*Restart

### Section 2: R BASIC, SIDE TOUCH SIDE TOUCH, SIDE/DRAW, BEHIND SIDE CROSS, SIDE ROCK & CROSS

**1 2 &** Step R long step to R side (1), step L slightly behind R (2), cross R over L (&)

**3&4&** Step L to L side (3), touch R next to L (&), step R to R side (4), touch L next to R (&)

**5&6&7** Long step L to L side dragging R to meet (5), cross R behind L (6), step L to L side (&), cross R over L (7)

**8 & 1** Rock L to L side (8), recover on R (&), cross L over R (1)

### Section 3: 1/4, 1/4, CROSS ROCK, 1/4, 1/4 SWAY, SWAY, SWEEP, BEHIND SIDE FWD

### 2 &¼ L stepping back on R (2), ¼ L stepping L to L side (&) (9:00)

**3 4** Cross rock R over L (3), recover on L (4)

### & 5 6¼ R stepping forward on R (&), ¼ R stepping L to L side swaying to L (5), sway R (6) (3:00)

**7** Step back on L sweeping R around from front to back (7)

**8 & 1** Cross R behind L (8), step L to L side (&), step forward on R (1)

#### **Section 4: STEP, PIVOT 1/2, STEP, 1/2, 1/2**

**2 & 3** Step forward on L (2), pivot ½ R (&), step forward on L (3) (9:00)

**4 & ½ L stepping back on R (4), ½ L stepping forward L (&) (9:00) \*Tag**

**\*TAG: At the end of Wall 3 (3:00), Wall 6 (12:00) & Wall 7 (9:00) add 4 count tag**

**1 2 &** Walk forward on R (1), rock forward on L (2), recover on R (&)

**3 4 &** Step back on L (3), rock back on R (4), recover on L (&)

**\*\*RESTART: Dance up-to count 8 of Wall 4 (6:00), & rather than cross L over R, step slightly across and forward on L, ready to**

**restart the dance from the beginning**

**ENDING: Dance 4 counts of Wall 9, finish the dance facing (12:00) by slowly unwinding ½ L.**

**Contact:**

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