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Handsfree

Phrased, 2 Wall, Intermediate Choreographer: Kate Sala (UK) July 2008 Choreographed to: Handsfree by Sonny J

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

### **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 1/4 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 1/4 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

# 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

### 

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 right forward, left

# TURN % LEFT WITH RIGHT GRAPEVINE, WEAVE RIGHT, SIDE ROCK RIGHT WITH % TURN LEFT, RUN TWICE

1-8 Repeat the above 8 counts

## Start again with Part A

You will finish at the end of section 5 of Part A. CROSS right behind left & ½ unwind right, taking the arms up and out making a circle, facing front wall.

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