

My Hands Are Tied



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64 Count 2 Wall Improver Level Dance. Choreographed by: Dee Musk (UK) Nov 2025 Choreographed to: How Can I Dance by Ava Max Intro: 36 Counts. Start at approx 17 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 1 2-3 4 5-6 7-8	STEP, STEP, ¼ PIVOT, CROSS, HINGE ½ TURN, CROSS, HITCH Step forward on R Step forward on L, make ¼ turn R (3:00) Cross L over R Make ¼ turn L stepping back on R, make ¼ turn L stepping L to L side (9:00) Cross R over L, hitch L to L diagonal
SEC 2 1-2 3-4 5-6 7-8	BEHIND, SIDE, CROSS, HITCH, BACK SWEEP, BACK SWEEP Cross step L behind R, step R to R side Cross L over R, hitch R to R diagonal Step back on R, sweep L behind R Step back on L, sweep R behind L
SEC 3 1-2 3&4 5-6 7-8	ROCK BACK, SHUFFLE FORWARD, JAZZ BOX ¼ CROSS Rock back on R, recover weight to L Step forward on R, step L beside R, step forward on R Cross L over R, make ¼ turn L stepping back on R (6:00) Step L to L side, cross R over L
SEC 4 1-2 &3-4 5-6 7-8	SIDE, HOLD, TOGETHER, SIDE ROCK, BEHIND, SIDE, CROSS, POINT Step L to L side, hold Step R beside L, rock L to L side, recover weight to R Cross L behind R, step R to R side Cross L over R, point R to R side
SEC 5 1-2 3-4 5 6-7-8	1/4 TOGETHER, POINT, 1/4 TOGETHER, POINT, 1/4 TOGETHER, STEP, 1/4 TURN RIGHT, CROSS Make 1/4 turn R stepping R beside L, point L to L side (9:00) Make 1/4 turn L stepping L beside R, point R to R side (6:00) Make 1/4 turn R stepping down on R (9:00) Step forward on L, make 1/4 turn R, cross L over R (12:00)
SEC 6 1-2 &3-4 5-8 7-8	SIDE, HOLD, TOGETHER, SIDE ROCK, BEHIND, SIDE, CROSS, SWEEP Step R to R side, hold Step L beside R, rock R to R side, recover weight to L Cross step R behind L, step L to L side Cross R over L, sweep L in front of R

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SEC 7	CROSS, POINT, CROSS, POINT, JAZZ BOX ½ CROSS
1-2	Cross L over R, point R to R side
3-4	Cross R over L, point L to L side
5-8	Cross L over R, make ¼ turn L stepping back on R (9:00)
7-8	Make ¼ turn L stepping L to L side, cross R over L (6:00)
SEC 8	SIDE, TOUCH, POINT, TOUCH, SIDE, CROSS, BACK, SIDE
1-2	Step L to L side, touch R beside L
3-4	Point R to R side, touch R beside L
5-6	Step R to R side, cross L over R
7-8	Step back on R, step L to L side
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Tag	At the end of Wall 2
	ROCKING CHAIR
1-2	Rock forward on R, recover weight to L
3-4	Rock back on R, recover weight to L

