

Tender Hands

40 Count, 4 Wall, Improver

Choreographer: Joan Squizz Curtis (UK) August 2008

Choreographed to: Tender Hands by Chris De Burgh

CD: Flying Colours (117 bpm)

32 Count in, Begin on vocals

1. 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

2. 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

3. 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, HOLD FOR ONE COUNT

4. 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 FOR ONE COUNT

5. FORWARD SHUFFLE X 2, SAILOR STEP, SAILOR ¼ 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 PLACE

7&8 MAKE A ¼ TURN LEFT CROSSING LEFT BEHIND RIGHT, STEP RIGHT TO RIGHT SIDE,
STEP LEFT TO PLACE.