



No Hands

48 Count, 2 Wall, Intermediate

Choreographer: Hazel Pace (UK) Dec 2018

Choreographed to: Look Heart, No Hands by Randy Travis.

Album: I Told You So

Intro: 8 Counts

1 – 8 **Back Touch, Left Shuffle, Rock Recover, 3/4 Triple Turn Right.**

- 1 – 2 Step back on right, touch left in front of right.
3 & 4 Step forward on left, right beside left, forward on left.
5 – 6 Rock forward on right, recover on left.
7 & 8 Make 3/4 turn right on right, left, right. (9.00).

9 – 16 **Side Behind, 1/4 Left Shuffle, Step 1/2 Left, Hook Left, Left Shuffle.**

- 1 – 2 Step left to left side, right behind left.
3 & 4 Step left to left side, right beside left, step left 1/4 turn left. (6.00).
5 – 6 Step forward on right, make 1/2 turn left hooking left in front of right. (12.00).
7 & 8 Step forward on left, right beside left, forward on left.

17 – 24 **Step Right, Make 1/4 Turn Left, Right Shuffle, Rock Recover, Full Triple Turn Left.**

- 1 – 2 Step forward on right, make 1/4 turn left rocking weight onto left. (9.00).
3 & 4 Step forward on right, left beside right, forward on right.
5 – 6 Rock forward on left, recover on right.
7 & 8 Make full triple turn left on left, right, left. (Alt. Left Coaster Step).

25 – 32 **Rocking Chair, Step 1/2 Left, Left Side, Cross Rock Recover.**

- 1 – 2 Rock forward on right, recover on left.
3 – 4 Rock back on right, recover on left.
5 – 6 Step forward on right, make 1/2 turn left stepping left to left side. (3.00).
7 – 8 Cross rock right over left, recover on left

33 – 40 **Side Shuffle Right, Cross Rock Recover, Side Shuffle Left, Cross 1/4 Right.**

- 1 & 2 Step right to right side, left beside right, right to right side.
3 – 4 Cross rock left over right, recover on right.
5 & 6 Step left to left side, right beside left, left to left side.
7 – 8 Cross right over left, make 1/4 right stepping back on left. (6.00).

** Tag, & Restart - 5th Sequence, Section 5, Dance up to count 4.

Count 5, make 1/4 turn left, Count 6, touch right beside left, start again. (12.00).

The music fades on right side shuffle, keep dancing at same speed.

41 – 48 **Step 1/4 Right Pointing Left, Full Turn To Left Point Right, 3/4 Turn Right.**

- 1 – 2 Make 1/4 turn right stepping right to right side, point left to left side. (9.00).
3 – 4 Step left 1/4 turn left, 1/2 turn left stepping back on right.
5 – 6 Step left 1/4 turn left, point right to right side. (9.00).
7 – 8 Step right 1/4 turn right, make 1/2 turn right stepping back on left. (6.00).

Dance ends on 7th sequence after 18 counts.

Dance 1 – 16 counts.

Ending 2 counts, cross right over left, unwind 1/2 turn to front.