



Turn Back The Hands Of Time

Choreographer: Nadia Friel (Nuline dance with Nadia) Essendon, Victoria, September 2013. Version 1

Music: "Turn Back The Hands Of Time - Available I-Tunes 2:58 mins

Artist: Tyrone Davis

Album: The Ultimate Tyrone Davis

Level: Easy Intermediate 4 Wall Dance, Clockwise Direction

Counts: 32 Counts, 2 Restarts

Start: 32 counts in

- (1-8) Hips x 4, Sailor step, Back, Rock Forward (12:00)**
1,2,3,4 Weight on R Bump your hips to the R four times
(Option: R arm extended straight, palm facing outwards, move arm to R for 4 counts)
5&6 Step L behind R, Step R to side, Step L to side
7,8 Step R back, Rock forward on L **
- (9-16) Kick, Step Forward, Touch L behind R, Step L back, Step R to Side, Knee pops in x 3, Together, Across, Unwind (6:00)**
1&2 Kick R forward, Step R forward, Touch L behind R foot
&3 Step L slightly back, Step R to side,
4,5,6 Pop L knee in, Straighten L leg and Pop R knee in, Straighten R Leg and Pop L knee in
&7,8 Step L beside R, Step R across L, Unwind ½ L (weight on R) ***
- (17-24) Shuffle back, Step Back, Rock forward, ½ Turn Shuffle, ½ Turn Shuffle (6:00)**
1&2 Shuffle back stepping LRL,
3,4 Step R back, Rock forward on L
5&6 Turning ½ L Shuffle back RLR,
7&8 Turning ½ L Shuffle LRL
- (25-32) Forward, Rock Back, ¼ Turn, Touch Together and Move hips RLR, Side, Rock, Across, Turn ½ L (3:00)**
1,2 Step R forward, Rock back on L
&3 Turn 1/4 R and Step R to side, Touch L beside and move hip to R side,
&4 Keeping weight on R move hips to L, Move Hips R
&5,6 Step L to side, Recover on R, Step L across in front of R
7,8 Turning ¼ L Step R back, Turning ¼ L step L to side

START AGAIN ☺

Restart 1 ** On Wall 3 after first 8 counts (facing the back)

Restart 2 *On Wall 7 after first 16 counts but change weight to L after the unwind (facing 9 o'clock wall)**

Ending: Finish after count 16 (unwind to front).