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# I Washed My Hands

Choreographer : Antoinette Claassens

Type of dance : 4 Wall

Level : Beginner

Counts : 32

Intro : 8 counts

Music : I washed my hands in muddy water – by Jarno Vergouwen

## Toe struts R-L, rocking chair, (2x)

- 1 & RF step on toe fwd – put heel down
- 2 & LF step on toe fwd – put heel down
- 3 & 4 & RF rock fwd – recover on LF - RF rock back – recover on LF
- 5 & RF step on toe fwd – put heel down
- 6 & LF step on toe fwd – put heel down
- 7 & 8 & RF rock fwd – recover on LF - RF rock back – recover on LF

## 1/4 L side mambo cross, hinge 1/2 turn R, 1/2 rumba box fwd x 2

- 1 & 2 (1/4 turn L) RF rock R side – Recover on LF – RF cross over
- 3 & 4 LF 1/4 R step aside – RF 1/4 R step back – LF cross over
- 5 & 6 RF step R side – LF close – RF step forward
- 7 & 8 LF step L side – RF close – LF step forward

## Mambo 1/2 turn R, shuffle 1/2 turn R, 1/4 R side mambo cross, step side, pivot 1/4 R, step fwd

- 1 & 2 RF rock fwd – recover on LF – RF 1/2 turn R step fwd
- 3 & 4 LF step fwd 1/4 turn R – RF close – LF step back 1/4 turn R
- 5 & 6 (1/4 turn R) RF rock R side – Recover on LF – RF cross over
- 7 & 8 LF step L side – LF+RF turn 1/4 R – LF step forward

## Traveling twist R + L, back mambo step, pivot 1/2 R

- 1 & 2 Twist heels – toes – heels R side
- 3 & 4 Twist heels – toes – heels L side
- 5 & 6 RF rock back – recover on LF – RF step forward
- 7 & 8 LF step fwd – LF+RF turn 1/2 R – LF step forward

## **START AGAIN**

### **Finish:**

**Dance the first session unto count 7 & [9].**

**8 step 1/4 turn R to the front wall to end [12]**

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