

Things He Handed Down



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Choreographer: Alison Biggs & Peter Metelnick

Count: 32

Wall: 4

Level: Intermediate

Intro: 16 counts

Music: "Things He Handed Down" by Lady A

[1-8] L side, R together, L fwd, R fwd step touch L, L back, sweep & step R back, sweep & step L back, sweep & step R back & behind, ¼ L step L, R fwd

1&2 Step L side, step R together, step L forward

3&4 Step R forward, touch L behind, step L back

&5 Sweep R from front to back, step R back

&6 Sweep L from front to back, step L back

&7&8 Sweep R from front to back, step R behind L, turning ¼ left step L forward, step R forward (9 o'clock)

RESTARTS WALL 2 & 6: During these 2 walls starting L side wall, dance first 8 counts to reach the back wall and restart the dance.

[9-17] L fwd, ½ L chase turn, R full turn forward, L fwd rock/recover, L side (big step) drag R, R back rock/recover, R side

1-2&3 Step L forward, step R forward, pivot ½ left, step R forward (extended 5th to prep for turn) (3 o'clock)

4-5 Turning ½ right step L back, turning ½ right step R forward (3 o'clock)

Non-turning option 4-5: walk forward L-R

6&7 Rock L forward, recover weight on R, big step left as you drag R towards L

8&1 R back rock, recover weight on L, step R to right side

[18-24] L behind, R side, L cross over, R side, L behind, R side, L cross over, R side rock & recover turning ¼ L

2&3 Cross step L behind R, step R side, cross step L over R

4 Step R side

5&6 Cross step L behind R, step R side, cross step L over R

7-8 Rock R side, recover weight on L turning ¼ left (extended 5th to prep for turn) (12 o'clock)

[25-32] ½ L, R back, ½ L, L fwd, R lock step fwd, L fwd rock/recover, ¼ L & side, R cross shuffle

1-2 Turning ½ left step R back, turning ½ left step L forward (12 o'clock)

Non-turning option 1-2: walk fwd R-L

3&4 Step R forward, lock step L behind R, step R forward

5&6 Rock L forward, recover weight on R, turning ¼ left step L side (9 o'clock)

7&8 Cross step R over L, step L side, cross step R over L

Repeat

