

# Healing Hands

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**Count:** 64                      **Wall:** 4                      **Level:** Intermediate  
**Choreographer:** Maddison Glover (AUS) August 2018  
**Music:** Healing Hands – Conrad Sewell (4.11)

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**Introduction: 0.23 seconds. Start just after “You’re still here my loveeee.. Mmm”**

**Back/Sweep, Back/Sweep, Back/Sweep, Behind, Side, Cross, Hold, Side Rock/Recover, Cross**

1,2                      Step back on L sweeping R around clockwise, step back on R sweeping L around anti-clockwise  
3,4 &5                      Step back on L sweeping R around clockwise, step R behind L, step L to L side, cross R over L  
6,7&8                      Hold, rock L to L side, recover weight onto R, cross L over R

**¾ Turn, Out, Out, Together, Cross, Hold, Out, Out, Together, Cross Shuffle**

1,2,3                      Turn ¼ L stepping back on R (9:00), make ½ turn over L stepping fwd onto L (3:00), step fwd onto R  
&4&5,6                      Step L out to L side, step R out to R side, step L beside, cross R over L, hold  
&7&8&1                      Step L out to L side, step R out to R side, step L beside, cross R over L, Step L to L side, cross R over L

**1/8 Mambo Forward, Turning ¼ Coaster, Mambo Forward, Turning ¼ Coaster**

2&                      Turn 1/8 L rocking fwd onto L (1:30), recover weight back onto R  
3                      Step back onto L as you drag R heel towards L (1:30)  
4&                      Step back on R, turn 1/8 L as you bring L together (12:00),  
5                      Turn 1/8 L as you step R fwd into diagonal (10:30)  
6&7                      Rock fwd onto L (10:30), recover weight back onto R, step back onto L as you drag R heel towards L  
8&                      Step back on R, turn 1/8 L as you bring L together (9:00)  
1                      Turn 1/8 L as you step R fwd into diagonal (7:30)

**Mambo Forward, Turning 1/8 Coaster Cross, Side, Knee Roll In, ¼ Turn Forward**

2&3                      Rock fwd onto L (7:30), recover weight back onto R, step back onto L as you drag R heel towards L  
4&5                      Step back on R, turn 1/8 L as you step L to L side (6:00), cross R over L  
6,7 ,8                      Step L to L side, roll R knee in towards L, turn ¼ R stepping forward onto R (9:00)

**¾ Turn, Side, Cross Shuffle, Side Rock, Recover ¼, Lock Shuffle Forward**

1                      Make ½ turn over R as you step back on L foot whilst swinging R foot out (3:00)  
2                      Continue to swing R foot out/around as you make a further ¼ turn R (6:00)  
&3&4                      Step R to R side, cross L over R, step R to R side, cross L over R  
5,6                      Rock R to R side, recover weight onto L as you make a ¼ turn L (3:00)  
7&8                      Step fwd on R, lock L behind R, step fwd on R

**Modified Option: If the dancer struggles to balance with the ¾ turn on one foot, suggest the following ¾ non-syncopated turn:**

1                      Make ½ turn over R as you step back on L foot whilst swinging R foot out  
2                      Make ¼ R as you step R to R side  
3&4                      Cross L over R, step R to R side, cross L over R

**Side, Together, Cross Shuffle, Side, Together, Cross Shuffle**

1,2,3&4                      Step L to L side, step/slide R beside L, cross L over R, step R to R side, cross L over R  
5,6,7&8                      Step R to R side, step/slide L together beside R, Cross R over L, step L to L side, cross R over L

**½ Hinge Turn, Cross Rock/Recover, Back, Touch, Back, Touch, Back, Kick Fwd, Back, Tap Fwd**

1,2                      Turn ¼ R stepping back on L (6:00), turn ¼ R stepping R to R side (9:00)  
3,4                      Cross rock L over R, recover weight back onto R  
&5                      Step L slightly back into L diagonal, touch R toe beside L foot  
&6                      Step R slightly back into R diagonal, touch L toe beside R foot  
&7&8                      Step L slightly back into L diagonal, kick R fwd, step R slightly back, tap L to fwd with a bent L knee

**Fwd, Walk, Walk, Chase ¼ Pivot, Cross, ¾ Turn, Rock Fwd, Recover with a Sweep**

&1,2                      Step down onto L, walk fwd on R, walk fwd on L  
3&4                      Step R fwd, pivot ¼ turn L (6:00), cross R over L  
5,6                      Turn ¼ R stepping back on L (9:00), make ½ turn over R stepping fwd on R (3:00)  
7,8                      Rock fwd onto L, recover weight back onto R as you sweep L around anti-clockwise

**ENDING: You will start the dance facing 3:00. Dance up to count 62 (finish the ¾ turn facing 6:00) then replace the rock/recover with a: step ½ pivot over R, stomp L out to L side as you raise both arms above head in a V shape.**

**NO TAGS, NO RESTARTS**