

# Truth & Soul

Count: 72

Wall: 2

Level: Easy Intermediate

Choreographer: Sebastiaan Holtland (NL) - October 2015

Music: These Arms of Mine - Stan Walker : (Album: Truth & Soul 2015)



**Introduction:** These Arms of, start at the word "Mine" approx 03 sec. (No Tags Or Restarts).

**Part I. [1-6] Back, Hook, Replace, ½ L, Knee Lift R.**

- 1-3 Step R back, hook L across R over 2 counts.
- 4-6 Step L back in place, Making ½ turn L (6) over L, Lift R knee up.

**Part II. [7-12] Check Fwd, Hold (2X), Replace, Sweep R.**

- 1-3 Check R forward over 3 counts.
- 4-6 Step L back in place slightly back, sweeping R from front to back over 3 counts.

**Part III. [13-18] 1/4 Sailor Turn R, Sailor L.**

- 1-3 Making ¼ turn R (9) step R behind L, step L to L, step R to R.
- 4-6 Step L behind R, Step R to R, step L forward.

**Part IV. [19-24] Step, Hold (2x), ½ Pivot Turn L, Hold (2x).**

- 1-3 Step R forward over 3 counts.
- 4-6 Pivot 1/2 Turn L onto R over 3 counts.

**Part V. [25-30] Step, 1/2 L, Back L, Back R, 1/2 turn L, Step.**

- 1-3 Step L forward, Making ½ turn L step R back (9), step L back.
- 4-6 Step R back, Making ½ turn L step L forward (3), step R forward.

**Part VI. [31-36] Step, Rising Kick Fwd (2X), Back, ¼ L, Side, Step.**

- 1-3 Step L forward, Rising kick R forward over 2 counts.
- 4-6 Step R back, Making ¼ L (12) step L to L, Step R forward.

**Part VII. [37-42] Check Fwd, Hold (2X), Replace, Sweep R.**

- 1-3 Check L forward over 3 counts.
- 4-6 Step R back in place slightly back, sweeping L from front to back over 3 counts.

**Part VIII. [43-48] 1/4 Sailor Turn L, Sailor R.**

- 1-3 Making ¼ turn L (9) step L behind R, step R to R, step L to L.
- 4-6 Step R behind L, Step L to L, step R forward.

**Part IX. [49-54] Check Fwd, Hold (2X) (Pose), Replace, ½ L, Step Fwd L-R.**

- 1-3 Check L forward over 3 counts (Pose).
- 4-6 Step R back in place, Making ½ turn L (3) stepping L forward, Stepping R forward.

**Part X. [55-60] Check Fwd, Hold (2X) (Pose), Replace, Hold (2X).**

- 1-3 Check L forward over 3 counts (Pose).
- 4-6 Step R back in place over 3 counts.

**Part XI. [61-66] Twinkle ¼ Turn L, Twinkle ½ Turn R.**

- 1-3 Step L forward, Making ¼ turn L (12) step R slightly to R, Step L slightly to L.
- 4-6 Step R across forward L, Making 1/4 turn R (3) stepping L back, Making 1/4 turn R (6) step R to right.

**Part XII. [67-72] Side, Drag, Touch, Hold (2X).**

1-3 Step L to L, Drag on R over 2 counts.  
4-6 Touch R next to L, Hold for 2 counts. (6:00)

**Start Again and have fun!**

**Dance edit, email: [smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com)**

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