

# My Arms

**COPPER** **KNOB**  
BY SHEETS

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Yvonne Krause (USA) - June 2018

**Music:** My Arms (feat. Chris Carmack, Jonathan Jackson & Sam Palladio) - Nashville Cast



## #32 Count Intro

### [1-8] TRAVELING BACKWARDS CROSS BACKS, CROSSING SHUFFLE, SIDE ROCK RECOVER

- 1-2& Cross right over left, step back on left, step back on right.
- 3-4& Cross left over right, step back on right, step back on left.
- 5&6 Cross right foot over left, step left to left side, cross right over left.
- 7-8 Rock left to left side, recover onto right.

### [9-16] CROSSING SHUFFLE, ¼ TURN ROCK RECOVER, COASTER, HOLD

- 1&2 Cross left over right, step right to right side, cross left over right.
- 3-4 As you step into a ¼ turn right, rock forward on right, recover onto left.
- 5&6 Step back right, step left next to right, step forward on right.
- 7-8 Step forward on left and hold.

**Restart the dance here after dancing 16 counts. When restarting you will be facing 9:00.**

### [17-24] SHUFFLE FORWARD RIGHT & LEFT, MONTEREY

- 1&2 Shuffle forward on right by stepping, right, left, right.
- 3&4 Shuffle forward on left by stepping left, right, left.
- 5-6 Touch right toe to right side, turn ½ right on ball of left foot stepping down on right.
- 7-8 Point left to left side, step left next to right.

### [25-32] PIVOT ¼ LEFT, SKATE, SKATE

- 1-4 Step forward on right and hold, pivot ¼ left, hold.
- 5-8 Step forward right and drag left toward right, step forward left and drag right toward left.

**RESTART:** During the 4th wall facing 6:00 dance 16 counts then restart the dance.  
When you Restart the dance you will be facing 9:00.

**May You Always Dance Like No One Is Watching**

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