

Arms Of Mary

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Ron Tate (UK) - June 2015
音乐: Arms of Mary - Sutherland Brothers & Quiver : (CD: Acoustic Moods)



Dance Starts On Vocals - No Tags & Restarts

S1: Side Rocks, Cross Shuffle (L), Side Rocks, Cross Shuffle (R)

1 - 2 Side Rock (R), Side Rock (L)
3 & 4 Cross Shuffle (R L R)
5 - 6 Side Rock (L), Side Rock (R)
7 & 8 Cross Shuffle (L R L)

S2: Side Step, Cross Behind, Turn Into Shuffle, Step, Turn, Shuffle

1 - 2 Step (R) To Side, Cross (L) Behind (R)
3 & 4 Make A $\frac{1}{4}$ Turn (R) Into Forward Shuffle (R L R) 3 O'clock
5 - 6 Step Forward (L), Pivot $\frac{1}{2}$ Turn (R) \square 9 O'clock
7 & 8 Shuffle Forward (L R L)

S3: 2x Walks (Or) Full Turn, Shuffle Forward, Rock Steps, Shuffle Back

1 - 2 2x Walks Forward (R, L) Or Full Turn (L) Over 2 Counts
3 & 4 Shuffle Forward (R L R)
5 - 6 Rock Forward (L), Rock Back (R)
7 & 8 Shuffle Back (L R L)

S4: Turn, Touch, $\frac{1}{4}$ Turn, $\frac{1}{2}$ Turn, Shuffle Back, Rock Steps

1 - 2 Make A $\frac{1}{4}$ Turn (R) Stepping (R) To Side, Touch (L) Next To (R) \square 12 O'clock

Nb. \square Dance Ends At This Point Facing 12 O'clock

3 Make A $\frac{1}{4}$ Turn (L) Stepping Forward (L) 9 O'clock
4 On Ball Of (L) Pivot $\frac{1}{2}$ Turn (L) Stepping Back (R) \square 3 O'clock
5 & 6 Shuffle Back (L R L)
7 - 8 Rock Back (R), Rock Forward (L)

Repeat Steps

Contact: juliejem72@googlemail.com