

Wrap Me In Your Arms

COPPER KNOB
STYLEDANCE

拍数: 64 墙数: 4 级数: Improver
编舞者: Cef Decaney (USA) - July 2015
音乐: Thinking Out Loud - Ed Sheeran



Begins 32 counts into the music

S1: Cross Rock behind Right and Left X 4

1&2-3&4 (1) Cross rock Right behind Left (&) Return weight onto Left, (2) Step right to Right side (3) Cross rock Left behind Right (&) Return weight onto Right (4) Step Left to Left side
5&6-7&8 Repeat 1-4

S2: Step with Hip Bumps X2, 1/8th Pivot Turns Left X2

1&2-3&4 (1) Step Right forward bumping Hip (&) Bump back on Left Hip (2) Bump Right Hip forward with weight on Right (3) Step Left Forward bumping Hip (&) Bump back on Right Hip (4) Bump Left Hip forward with weight on Left
5-6-7-8 (5) Step Right forward (6) Pivot 1/8th Turn Left with weight on Left (7) Step Right Forward (8) Pivot 1/8th Turn Left with weight On Left

S3: Sailor Steps Right and Left X 4

1&2-3&4 (1) Cross Right behind Left (&) Step Left to Left side (2) Step Right Next to Left (3) Cross Left behind Right (&) Step Right to Right side (4) Step Left next to Right
5&6-7&8 Repeat 1-4

S4: Rock Forward, Triple Step R & L

1-2-3&4 (1) Rock forward on Right (2) Return weight onto Left (3) Step Right (&) Step Left (4) Step Right
5-6-7&8 (5) Rock forward on Left (6) Return weight onto Right (7) Step Left (&) Step Right (8) Step Left

*Restart Her on 4th Wall

S5: Side Rock, Behind-Side-Front, Side Rock, Behind-Side-Front

1-2-3&4 (1) Rock Right to Right side (2) Return weight on Left (3) Cross Right Behind Left (&) Step Left to Left Side (4) Cross Right over Left
5-6-7&8 (5) Rock Left to Left side (6) Return weight on Right (7) Cross Left Behind Right (&) Step Right to Right side (8) Cross Left over Right

Restart Here After 2nd Wall

S6: ¼ Turn, ¼ Turn, Jazz Box

1-2-3-4 (1) Step Right forward (2) Pivot ¼ Turn Left, weight on Left (3) Step Right forward (4) Pivot ¼ Turn Left, weight on Left
5-6-7-8 (5) Cross Right over Left (6) Step back onto Left (7) Step Right next To Left (8) Step weight onto Left

S7: Side Shuffle, Rock, Side Shuffle, Rock

1&2-3-4 (1) Step Right to Right side (&) Step Left next to Right (2) Step Right To Right Side (3) Cross Rock Left behind Right (4) Return weight Right
5&6-7-8 (5) Step Left to Left side (&) Step Right next to Left (6) Step Left to Left Side (7) Cross rock Right behind Left (8) Return weight Left

S8: Rhumba Box

1-2-3-4 (1) Step Right to Right Side (2) Step Left next to Right (3) Step Right Back (4) Touch Left next to Right

5-6-7-8 (5) Step Left to Left Side (6) Step Right next to Left (7) Step Left Forward (8) Point Right to Right side

Begin Dance Again

Restarts:-

2 nd Wall After 40 counts Restart

4 th Wall After 32 counts Restart

Both walls begin on the 3 O'Clock wall and Restarts happen on 12 O'Clock wall which Makes it easier to remember

At the end of the dance, the final Rhumba box, point and Monterey half turn to right to End the dance facing back to 12 O'clock wall.

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