

Truth & Soul

COPPERKNOB
STEPSHEETS

拍数: 72 墙数: 2 级数: Easy Intermediate
编舞者: Sebastiaan Holtland (NL) - October 2015
音乐: 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] ¼ 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] ¼ 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
