

Arms Open

拍数: 32 墙数: 4 级数: Easy Intermediate
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音乐: Arms Open - The Script : (Album: Freedom Child)



Intro: After 8 counts from the beginning

[1 – 8] Step Fwd, Step fwd, Pivot ½ L, Rock step, Recover, Side, Cross, Rumba Box

1 Step L fwd
2 & 3 Step R fwd, Pivot ½ Turn L, Rock R fwd (06.00)
4 & 5 Recover on L, Step R to R side, Step L across R
6 & 7 Step R to R Side, Step L next to R, Step R fwd
8& Step L to L side, Step R next to L

[9-17] MJ Walks back , Coaster cross , Side, Behind, Behind, ¼ Turn R, Step fwd

1 Step L back and drag R
2 – 3 Step R back and Drag L, Step L back and drag R
4 & 5 Step R back, Step L next to R, Step R across L
6 – 7 Step L to L side, Step R behind L and sweep L to the back
8 & 1 Step L behind R , ¼ Turn R step R fwd, Step L fwd (09.00)

[18-25] Lock step fwd, Mambo step, Full Turn R, Behind , Side, Cross

2 & 3 Step R fwd, Lock L behind R, Step R fwd
4 & 5 Rock L fwd, Recover on R, Step L back
6 - 7 ½ Turn R step R fwd, ½ Turn R step L back (09.00) 32 Counts
8 & 1 Step R behind L , Step L to L side, Step R across L

[26-32] Side Rocks with Hip sways, Prissy Walks

2-3& Rock L to L side, Recover on R, Step L next to R
4 - 6 Rock R to R side, Recover on L, Step R next to L
7 – 8 Step L across R, Step R across L (option: open your arms)

Start again

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