

Lay In Your Arms

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Lay In Your Arms - The Vintage Explosion



Intro: 8 Counts, Start at approx 9 secs

SEC 1 Side, Drag, Side, Cross, Hitch, Weave, Side Rock, 1/8 Step, Run Back

1-2 Step left to left dragging right towards left, step right to right

Styling Bend both knee and contract body

3 Cross left over right hitching right knee

4&a Cross right over left, step left to left, step right behind left

5-6 Rock left to left, recover weight onto right

7 Turn 1/8 right step left forward lifting right leg back (1:30)

Arms Lift left arm forward

8&a Step right back, step left back, step right back

SEC 2 Back Rock, Step, Full Spiral Turn, 3/8 Run Around, Touch Forward, Step, Step, 1/2 Pivot, 1/2 Back

1-2 Rock left back, recover weight onto right

3 Step left forward, spiral full turn right hooking right over left (1:30)

4&a Turn 1/8 right step right forward, turn 1/8 right step left forward, turn 1/8 right step left forward (6:00)

5-6 Touch left forward rolling hips forward, roll hip forward

7 Roll hip forward transferring weight onto left

8&a Step right forward, pivot 1/2 left transferring weight on to left, turn 1/2 left step right back (6:00)

SEC 3 1/4 Side Rock, 1/4 Recover, Step, Step, 1/4 Pivot Cross, 1/4 Back, 1/2 Sweep, Step, Step, 1/2 Pivot, Rock

1-2-3 Turn 1/4 left rock left to left, turn 1/4 right recover weight onto right, step left forward (6:00)

4&a Step right forward, pivot 1/4 left transferring weight onto left, cross right over left

5 Turn 1/4 right step left back turn 1/2 right sweeping right (12:00)

6&a Step right forward, step left forward, pivot 1/2 right transferring weight on to right (6:00)

7-8 Rock left forward, recover weight onto right

SEC 4 Step Sweep, Step Sweep, Cross, Side Rock, 1/4 Recover, Step, Step, 1/2 Pivot, Step, Mambo

1 Step left forward sweeping right from back to front

2-3 Step right forward sweeping left from back to front, cross left over right

4&a Rock right to right, turn 1/4 left recover weight onto left, step right forward (3:00)

5-6 Step left forward, pivot 1/2 right transferring weight onto right (9:00)

7 Step left forward

8&a Rock right forward, recover weight onto left, step right back

Note Turn 1/4 left stepping left to left to restart