

Lay In Your Arms

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, $\frac{1}{8}$ 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 $\frac{1}{8}$ 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, $\frac{3}{8}$ Run Around, Touch Forward, Step, Step, $\frac{1}{2}$ Pivot, $\frac{1}{2}$ 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 $\frac{1}{8}$ right step right forward, turn $\frac{1}{8}$ right step left forward, turn $\frac{1}{8}$ 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 $\frac{1}{2}$ left transferring weight on to left, turn $\frac{1}{2}$ left step right back (6:00)

SEC 3 $\frac{1}{4}$ Side Rock, $\frac{1}{4}$ Recover, Step, Step, $\frac{1}{4}$ Pivot Cross, $\frac{1}{4}$ Back, $\frac{1}{2}$ Sweep, Step, Step, $\frac{1}{2}$ Pivot, Rock

1-2-3 Turn $\frac{1}{4}$ left rock left to left, turn $\frac{1}{4}$ right recover weight onto right, step left forward (6:00)

4&a Step right forward, pivot $\frac{1}{4}$ left transferring weight onto left, cross right over left

5 Turn $\frac{1}{4}$ right step left back turn $\frac{1}{2}$ right sweeping right (12:00)

6&a Step right forward, step left forward, pivot $\frac{1}{2}$ 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, $\frac{1}{4}$ Recover, Step, Step, $\frac{1}{2}$ 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 $\frac{1}{4}$ left recover weight onto left, step right forward (3:00)

5-6 Step left forward, pivot $\frac{1}{2}$ 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 $\frac{1}{4}$ left stepping left to left to restart