

With These Arms

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Theresa Needham (UK)
音乐: These Arms - Dwight Yoakam



SIDE BEHIND HEEL BALL CROSS, SIDE ROCK BEHIND SIDE CROSS

1-2 Step right to right side, step left behind right
3&4 Dig right heel forward, step right next to left, cross left over right
5-6 Rock right to right side, recover onto left
7&8 Step right behind left, step left to left side, cross right over left

HEEL BALL CROSS TWICE, ROCK ¼ RIGHT LEFT SHUFFLE

1&2 Dig left heel to left side, step left next to right, cross right in front of left
3&4 Dig left heel to left side, step left next to right, cross right in front of left
5-6 Rock left onto left, making ¼ turn right recover onto right
7&8 Step forward on left, step right next to left, step forward on left

TOE STRUT ¼ RIGHT, SHUFFLE ½ RIGHT TOE STRUT ¼ RIGHT KICK BALL CHANGE

1-2 Making ¼ turn right, point right toe forward, drop right heel
3&4 Shuffle ½ turn right, on left right left
5-6 Making ¼ turn right, point right toe forward, drop right heel
7&8 Kick left foot forward, step left next to right, step right in place

FULL TURN RIGHT, ROCKING CHAIR, STEP PIVOT ½ RIGHT

1-2 Full turn right stepping back on left, forward on right (option, walk walk)
3-4 Rock forward on left, recover back onto right
5-6 Rock back on left, recover onto right
7-8 Step forward on left, pivot ½ turn right

ROCK AND CROSS TWICE, JAZZ BOX

1&2 Moving forward, rock left to left side, step right in place, cross left over right
3&4 Rock right to right side, step left in place, cross right over left
5-6 Cross left over right, step back on right
7-8 Step left to left side, step forward on right

ROCK SHUFFLE ½ LEFT, STEP PIVOT ¼ LEFT TWICE

1-2 Rock forward onto left, recover back onto right
3&4 Shuffle ½ turn left, on left right left
5-6 Step forward onto right, pivot ¼ turn left
7-8 Step forward onto right, pivot ¼ turn left

REPEAT

There are 2 pauses in the music, just dance through them