

The Arms Of Love

拍数: 68 墙数: 2 级数:
编舞者: Jan Wyllie (AUS)
音乐: Safe In the Arms of Love - Martina McBride



- 1-4 Step left to left, step right beside left, rock/step forward on left, rock back on right
5&6 Step back on left, step right beside left, step forward on left (coaster step)
7-8 Stomp forward on right, make ¼ turn left keeping weight on right
- 9&10 Step back on left, step right beside left, step forward on left (coaster step)
11-12 Stomp forward on right, make ¼ turn left keeping weight on right
13&14 Step back on left, step right beside left, step forward on left (coaster step)
15-16 Step forward on right, make ¼ turn left transferring weight to left
- 17-18 Rock/step forward on right, rock back on left
19-20 Making ½ turn right back over right shoulder step forward on right toe, drop right heel
21-22 Rock/step left to left, rock weight to right
23-24 Touch left toe across behind right, unwind ½ turn left transferring weight to left
- 25&26 Cross shuffle to the left right, left, right
27-28 Rock/step left to left, rock weight to right
29&30 Cross shuffle to the right left, right, left
31-32 Making ¼ turn left step back on right toe, drop right heel (toe strut)
- 33-34 Rock/step left to left, rock weight to right
35&36 Moving back execute a left sailor step
37&38 Moving back execute a right sailor step
39&40 Moving back execute a left sailor step
- 41-44 Step right behind left, making ¼ turn left step forward on left, rock forward on right, rock back on left
45-46 Making ½ turn right step forward on right toe, drop right heel (½ turn toe strut)
47-48 Making a further ½ turn right step back on left toe, drop left heel (½ turn toe strut)
- 49-50 Making a further ¼ turn right rock/step right to right, rock weight to left
51&52 Step right behind left, step left to left side, step right across in front of left
53-54 Rock/step left to left, rock weight to right
& Step left beside right
55-56 Rock back on right, step forward on left
- 57&58-59&60 Shuffle forward right, left, right, making ½ turn right shuffle back left, right, left
61-64 Step right back to right diagonal, touch left beside right, step left back to left diagonal, touch right beside left
&65 Step right to right, touch left beside right
&66 Step left to left, touch right beside left
&67-68 Step right to right, touch left beside right, hold

REPEAT