

Arms Of Mary

COPPERKNOB
STEPPERS

拍数: 64 墙数: 2 级数: Improver
编舞者: Michael Vera-Lobos (AUS)
音乐: Arms Of Mary - Keith Urban



SIDE STEP, DRAG BESIDE, BALL-SIDE, CROSS ROCK, ROCK BACK ¼ LEFT, ½ LEFT, ¼ LEFT

- 1-2&3-4 Travel right -- step side right, drag left towards right & stepping onto left, step right to right side, cross/rock left over right
5-6-7-8 Rock back on right, travel left turn ¼ on left, turn a further ½ left stepping right turn a further ¼ left (12:00)

SIDE STEP, DRAG BESIDE, BALL-SIDE, CROSS ROCK, ROCK BACK ¼ LEFT, ½ LEFT, ½ LEFT

- 1-2&3-4 Travel right -- step side right, drag left towards right & stepping onto left, step right to right side, cross/rock left over right
5-6-7-8 Rock back on right, travel left turn ¼ on left, turn a further ½ left stepping right turn a further ½ left (12:00)

ROCK FORWARD, ROCK BACK, SHUFFLE BACK, TOUCH TOE BACK, ½ PIVOT, ROCK BACK/FORWARD

- 1-2-3&4 Rock forward right, rock back left, shuffle back on right stepping right-left-right (9:00)
5-6-7-8 Touch left toe back, reverse pivot ½ left (end weight right), rock back left, rock forward on right (3:00)

STEP FORWARD, ½ PIVOT, SHUFFLE FORWARD, STEP FORWARD, HOLD, ½ PIVOT, ½ STEP

- 1-2-3&4 Step forward left, pivot ½ right, shuffle forward left-right-left (9:00)
5-6-7-8 Step forward right, hold, ½ pivot left, turn a further ½ left ending with weight on right

ROCK BACK, ROCK FORWARD, SHUFFLE FORWARD, STEP FORWARD, ¼ PIVOT LEFT, CROSS, STEP SIDE

- 1-2-3&4 Rock back left, rock forward right, shuffle forward left-right-left (9:00)
5-6-7-8 Step forward right, ¼ pivot left (end weight left), cross/step right over left, step left to left

SAILOR ¾ RIGHT, FORWARD, ROCK BACK, ½ LEFT BACK, ½ LEFT, LEFT COASTER

- 1&2-3-4 Turning ¾ sailor right stepping right-left-right, rock forward left, rock back on right (3:00)
5-6-7&8 Travel back--turning back turn ½ left stepping onto left, turn a further ½ left stepping onto right, step back left & step right beside left, step forward on left (coaster)

LUNGE FORWARD, REPLACE ½ SHUFFLE, STEP FORWARD, ½ PIVOT, SHUFFLE FORWARD

- 1-2-3&4 Lunge forward right, rock back on left, ½ shuffle right stepping right-left-right (9:00)
5-6-7&8 Step forward left, ½ pivot right, shuffle forward left stepping left-right-left (3:00)

ROCK FORWARD, REPLACE & ¼CROSS, SIDE DRAG, SAILOR ¼ LEFT, STEP FORWARD, ¾ PIVOT

- 1-2&3-4 Rock forward right, rock back left & turning ¼ right step onto right, crossing left over right, take a large step right to right (6:00)
5&6-7-8 Sailor ¼ left stepping left-right-left, & drag right towards left, step forward right, pivot ¾ left (end weight left) (6:00)

REPEAT

TO FINISH

Dance to count 46 & do a coaster ¼ cross to the front