

# Arms Wide Open

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Tina Sparkle (UK) - October 2007  
音乐: Arms Wide Open - Creed



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## LEFT NIGHT BASIC, L CROSS ¼ TURN LEFT, R BACK ROCK, R POINT, R FLICK, R CROSS ¼ TURN RIGHT, R TOUCH.

- 1-2&      Step left big step to left side, cross step right behind left, cross step left over right.
- 3-4&      Step right forward on right diagonal, cross left over right on right diagonal, make ¼ turn left as you step back on right.
- 5-6&      Step left to left side, cross step right behind left, step left across right.
- 7&8&      Point right toe to right side, flick right foot to side and out, step right across in front of left, ¼ turn right stepping back on left.

## RIGHT TOUCH, WALKS X 3 HITCH LEFT, WALKS X 3 HITCH RIGHT.

- 1-2&3      Touch right beside left, walk forward right, left, right.
- &4&5      Hitch left knee as you rise up on ball of right foot, walk forward left, right, left.
- &6&7      Hitch right knee at the same time bring right foot across in front of left, step right across in front of left, step right to right side.
- 8&      Cross rock left over right, recover onto left.

## STEP LEFT SIDE, RIGHT ACROSS, LEFT SIDE, RIGHT BEHIND, ¼ LEFT, ½ PIVOT LEFT, 2 X PRISSY WALKS R,L, START TRIPLE FULL RIGHT.

- 1-2&3      Step left to left side, step right across, step left to side, step right behind left.
- 4&5      Make ¼ turn left stepping left forward, step forward on right ½ pivot turn left.
- 6-7      2 x prissy walks right, left.
- 8&      Start a full triple turn right stepping right, left.

## FINISH FULL TRIPLE RIGHT, LEFT ROCKING CHAIR, ROCK ¼ TURN LEFT, REVERSE ½ TURN RIGHT, LEFT CROSS ROCK.

- 1-2&      Step forward on right completing full triple right, rock forward on left, recover onto right.
- 3&      Rock back onto left, rock forward onto right.
- 4&5      Rock forward onto left, recover back onto right, make ¼ turn left stepping left to left side.
- 6&7      Cross right over left, make ¼ turn right stepping back on left, make ¼ turn right stepping right to right side.
- 8&      Cross rock left over right, recover back onto right.

**START AGAIN. DON'T FORGET TO SMILE.**

**This dance is dedicated to the memory of Angie 1962 – 2007**

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