

Hold Me In Your Arms

拍数: 32 墙数: 4 级数: Beginner
编舞者: Carol Bates (UK) - September 2011
音乐: Hold Me In Your Arms - Brad Paisley



Skate forward right, left, right shuffle, skate forward left, right, left shuffle

- 1 – 2 Skate forward on right foot, skate forward on left foot
- 3 & 4 step forward on right, step left next to right, step forward on right
- 5 – 6 Skate forward on left, skate forward on right
- 7 & 8 Step forward on left, step right next to left, step forward on left

Syncopated weave right, back rock, left kick ball cross

- 1 – 2 Step right to right side, step left behind right
- &3 – 4 Step right to right side, cross left over right, step right to right side
- 5 – 6 Back rock on left foot, recover on right
- 7 & 8 Kick left foot forward, step on ball of left, cross right over left

Syncopated weave left, back rock recover, kick ball ¼ turn right

- 1 – 2 Step left to left side, step right behind left
- &3 – 4 Step left to left side, cross right over left, step left to left side
- 5 – 6 Back rock on right foot, recover on left
- 7 & 8 Kick right forward making ¼ right, step on ball of right, step left next to right

Four ¼ paddle turns left

- 1 – 2 Step forward on right, pivot ¼ left
 - 3 – 4 Step forward on right, pivot ¼ left
 - 5 – 6 Step forward on right, pivot ¼ left
 - 7 – 8 Step forward on right , pivot ¼ left
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