

# Loving Arms

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Annette Skaff (CAN) - March 2015  
音樂: Thinking Out Loud - Ed Sheeran



Intro: 32 Counts

## STEP SIDE RIGHT, CROSS LEFT OVER, ROCK SIDE RIGHT RECOVER CROSS, BALL CROSS, STEP SIDE LEFT, RIGHT SAILOR

1,2            Step side right, cross left over right  
3&4           Rock side right, recover, cross right over left  
&5,6          Step on ball of left, cross right over left, step side left  
7&8           Cross right behind left, step side left, step together on right  
(Restart here after walls 3 and 7 adding an "&" count by stepping on left)

## SYNCOPATED WEAVE THREE, ¼ LEFT STEPPING BACK RIGHT, HALF TURN LEFT, SHUFFLE FORWARD RIGHT, LEFT MAMBO FORWARD

1&2           Cross left behind right, step side right, cross left over right  
3,4           Make ¼ turn left stepping back right, make ½ turn left stepping forward left  
5&6           Shuffle forward right, left, right  
7&8           Rock forward left, recover right, step left beside right

## RIGHT LOCK BACK, SHUFFLE ½ TURN LEFT, LEFT CHASE TURN, WALK LEFT, RIGHT

1&2           Step back right, lock left in front of right, step back right  
3&4           Shuffle left, right, left making ½ turn left  
5&6           Step forward right, pivot ½ turn left stepping on left, step forward right  
7,8           Walk forward left, right (optional full turn right)

## ROCK FORWARD LEFT, RECOVER, LEFT COASTER CROSS, ROCK SIDE RIGHT RECOVER CROSS, RIGHT HEEL JACK, BALL CROSS

1,2            Rock forward left, recover right  
3&4           Step back left, step together on right, cross left over right  
5&6           Rock side right, recover left, cross right over left  
&7&8          Step back on left, touch right heel forward, step together on ball of right foot, cross left over right

**RESTARTS** End of walls 3 and 7 (both facing 9 o'clock wall)

Dance the first 8 counts of the dance adding an "&" count stepping on the left

**Ending:** After the chase turn in wall 10, cross left over right and unwind ½ turn right to face the front

Contact: [annetteskaff@sympatico.ca](mailto:annetteskaff@sympatico.ca)