

Safe In My Arms

COPPER KNOB
BY STEPHENETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Maria Smith (AUS) & Kevin Smith (AUS) - March 2018
音樂: My Arms (feat. Chris Carmack, Jonathan Jackson & Sam Palladio) - Nashville
Cast : (iTunes)



Starts on vocals after count 32. - Rotates CW

S1: SIDE, TOG, SHUFFLE FWD, ROCK FWD, BACK, 1/4 TURN STRUT

1,2,3&4 Step L to side, step R next L, shuffle fwd L,R,L,
5,6,7,8 rock Fwd R, take wt L, ¼ turn right R toe/heel strut fwd (3.00)

S2: 1/2 TURN STRUT BACK, ROCK BACK, FWD, 1/2 TURN STRUT BACK, 1/4 TURN STRUT,

1,2,3,4 ½ turn right L toe/heel strut, rock back R, fwd L, (9.00)
5,6,7,8 ½ turn left R toe/heel strut, ¼ turn left L toe/strut (12.00)

S3: ROCK FWD, BACK, STEP SIDE, HOLD, & STEP NEXT L, STEP SIDE, SCUFF, ROCK

1,2,3,4 rock R over L, take wt L, step R to side, HOLD
&5,6,7,8 & step L next R, step R to side, scuff L fwd, rock fwd L, take wt R, (12.00)

S4: & ¼ TURN, ROCK FWD, BACK, ROCK BACK, FWD, 1¾ TURN

&1.2,3,4 & ¼ turn left step L, rock fwd R, back L, rock back R, fwd L, (9.00)
5,6,7,8 traveling fwd stepping R, L, R, L, complete 1¾ turn left (12.00)
(Alternate step. Shuffle fwd R.L.R. ¼ turn right step L to Side, drag R to L.)

S5: SIDE, TOG, ¼ SHUFFLE, PIVOT ¾ TURN, SIDE SHUFFLE,

1,2,3&4 step R to side, step L next R, ¼ turn right shuffle R, L, R, (3.00)
5,6,7&8 step fwd L, ¾ pivot turn right wt, R, side shuffle L, R, L, (12.00)

S6: SIDE, BEHIND, ¼ STEP, ½ PIVOT, HOOK, SHUFFLE, STEP, TOUCH,

1,2,3 step R behind L, 1/4 turn left step L, step R fwd, (9.00)
4 ½ pivot turn left hook L in front of R shin. (3.00)
5&6,7,8 shuffle fwd L, R, L, step fwd R, tap L behind R, *** restart wall 2.

S7: BIG STEP SIDE, DRAG, BIG STEP SIDE, DRAG, FULL TURN, CHA CHA

1,2,3,4 big step side left on L, drag R to L, big step side right on R, drag L to R,
5,6,7&8 full turn left stepping L, R, cha cha on the spot L, R, L,

S8: BIG STEP BACH, DRAG, BIG STEP BACK, FULL TURN, CHA CHA

1,2,3,4 big step back R 45 deg angel, drag L to L, big step back L 45deg angel, drag R to it,
5,6,7&8 full turn right stepping R, L, cha cha on the spot R, L, R,

[64]. START AGAIN

*** Restart wall 2 dance to count 48, touch L next R

Finish. Wall 6 dance to count 46, add ½ pivot turn left, step R,L, tog., to front

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