

# My Arms

COPPER KNOB  
BY SHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Yvonne Krause (USA) - June 2018  
音樂: My Arms (feat. Chris Carmack, Jonathan Jackson & Sam Palladio) - Nashville  
Cast



## #32 Count Intro

### [1-8] TRAVELING BACKWARDS CROSS BACKS, CROSSING SHUFFLE, SIDE ROCK RECOVER

1-2&      Cross right over left, step back on left, step back on right.  
3-4&      Cross left over right, step back on right, step back on left.  
5&6      Cross right foot over left, step left to left side, cross right over left.  
7-8      Rock left to left side, recover onto right.

### [9-16] CROSSING SHUFFLE, ¼ TURN ROCK RECOVER, COASTER, HOLD

1&2      Cross left over right, step right to right side, cross left over right.  
3-4      As you step into a ¼ turn right, rock forward on right, recover onto left.  
5&6      Step back right, step left next to right, step forward on right.  
7-8      Step forward on left and hold.

**Restart the dance here after dancing 16 counts. When restarting you will be facing 9:00.**

### [17-24] SHUFFLE FORWARD RIGHT & LEFT, MONTEREY

1&2      Shuffle forward on right by stepping, right, left, right.  
3&4      Shuffle forward on left by stepping left, right, left.  
5-6      Touch right toe to right side, turn ½ right on ball of left foot stepping down on right.  
7-8      Point left to left side, step left next to right.

### [25-32] PIVOT ¼ LEFT, SKATE, SKATE

1-4      Step forward on right and hold, pivot ¼ left, hold.  
5-8      Step forward right and drag left toward right, step forward left and drag right toward left.

**RESTART: During the 4th wall facing 6:00 dance 16 counts then restart the dance.  
When you Restart the dance you will be facing 9:00.**

**May You Always Dance Like No One Is Watching**

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