

Into Your Arms

拍數: 32 牆數: 4 級數: High Beginner NC
編舞者: Inge Vestergård (DK) - February 2019
音樂: Into Your Arms - Jacob Dinesen



Intro: 16 counts intro – weight starts on left

Sec. 1: Basic R, Basic L, Step, ¼ Pivot R, Cross L, 2 x ¼ Turn L

1,2& Step long Step R on R, Step L behind R, Cross R in front of L
3,4& Step long Step L on L, Step R behind L, Cross L in front of R
5,6&7 Step R fwd, Step L fwd, ¼ Turn R stepping R to R side, Cross L over R (3:00)
8& ¼ Turn L stepping back on R, ¼ Turn L stepping L to L side (9:00)

Sec. 2: Cross R, Lunge L Recover, Behind Side Cross, Lunge R Recover, Behind 1/4 Turn L, Step R

1 – 3 Cross R over L, Rock L to L side dipping in L knee, recover on R
4&5 Cross L behind R, Step R to R side, Cross L in front of R
6 – 7 Rock R to R side dipping in R knee, recover on L
8& Cross R behind L, ¼ Turn L Stepping L fwd (6:00)

(Restart here on Wall 5 facing 6 o'clock)

Sec. 3: L 3xPrissy Walk, Mambo Step, 3xBack sweep, Sailor ¼ Turn R

1 – 3 Prissy Walk fwd R, L, R
4& Rock L fwd, Recover on R
5 – 7 Step L back and Sweep R back, Step R back and Sweep L back, Step L back and Sweep R back
8&1 Turn ¼ R crossing R behind L, step L next to R, step R fwd (9:00)

Sec. 4: Lock Step L, ½ Pivot L, Lock Step R, Sidestep L, Touch R

2&3 Step L fwd, Lock R behind L, Step L fwd
4 – 5 Step R fwd, ½ Turn L stepping fwd on L (3:00)
6&7 Step R fwd, Lock L behind R, Step R fwd
8& Step L to L side, Touch R beside L

Tag after Walls 1, 3 and 6:

Sway R – L – R – L

Restart on Wall 5 facing 6 o'clock after sec. 2

Ending on Wall 8 in sec. 3 – finish with a Sailor ½ Turn L as follow:

1 – 3 Prissy Walk fwd R, L, R
4& Rock L fwd, Recover on R
5 - 6 Step L back and Sweep R back, Step R back
7&8 Turn ½ L crossing L behind R, step R next to L, step L fwd (12:00)

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