

Here in My Arms (P)

COPPER KNOB
BY STEPHENETS

拍數: 40 牆數: 0
編舞者: Lyndy (USA) - July 2019
音樂: All To Myself - Dan + Shay

級數: Improver Partner / circle



For the "Lyndy & Friends Country Dance Workshop & Anniversary Dance" on Long Island

Starts: Indian Position (Man behind woman facing to the outside of the circle, hands joined at shoulder)

L SIDE STEP TOUCH R, R SIDE STEP TOUCH L, LYNDY LEFT

- 1-2 Step L to left side, touch R next to L
3-4 Step R to right side, touch L next to right
5&6 Step L to left side, step R next to L, step L to left side
7-8 Rock R behind L, recover L

2 SHUFFLES TURNING ¼ LEFT WHILE TRAVELING REVERSE LOD, ROCK & RECOVER, SHUFFLE ½ RIGHT TOWARD LOD

- 9&10 Step R to right side, step L next to R, turn ¼ L and step back on R
(Break R hands, joined L hands go over man's head)
11&12 Turn ¼ left and step L to left side, step R next to L, turn ¼ left and step forward L (facing Rev. LOD, joined L hands over lady's head)
13-14 Rock forward R, recover L (Join R hands, break L hands)
15&16 Turn ¼ right and step R to right side, step L next to R, turn ¼ right and step forward R (R hands pass over man's head, rejoin hands in cape position, couple is facing LOD)

¼ PIVOTS/SIDE STEPS RIGHT, LYNDY LEFT (Man moves behind Woman)

- 17-18 Woman: Step forward L, pivot ¼ right onto R
17-18 Man: Side step L, step R next to L completing ¼ turn (Man now behind woman, facing outside of circle)
19-20 Woman: Step forward L, pivot ¼ right onto R
19-20 Man: Side step L, step R next to L completing ¼ turn (Man now behind woman, facing RLOD)
21&22 Step L to left side, step R next to L, step L to left side
23-24 Rock R behind L, recover L

TRIPLE IN PLACE WITH ½ TURN LEFT (into cape position facing LOD), ROCK & RECOVER, 2 STEP TURN (WALKS), SHUFFLE FORWARD L-R-L

- 25&26 Woman: Shuffle in place R-L-R while turning ½ left
25&26 Man: Shuffle forward and to the right R-L-R while turning ½ left (man is now on woman's left in a cape position, facing LOD)
27-28 Rock back L, recover R
29-30 Woman: Turn ½ right and walk back on L, turn ½ R and walk forward on R (break L hands, joined R pass over woman's head, return to cape position)
29-30 Man: Walk forward L, walk forward R
31&32 Step forward L, step R next to L, step forward L

¼ TURN PIVOT, ¼ TURN PIVOT, ¼ TURN INTO SWAY R-L-R TOUCH L

- 33-34 Step forward R, pivot ¼ left onto L (break R hands, joined L pass over man's head on counts 33-36 then over woman's head on counts 37-38)
35-36 Step forward R, pivot ¼ left onto L
37-40 Turn ¼ left and sway on R to right side, sway left onto L, sway right onto R, touch L next to R (return to start/Indian Position on 39-40)

For More Information or Dance Instruction, Contact:
"Lyndy" 516-599-2639, Long Island, NY
E-Mail: Dantsman@aol.com
