

In Your Arms

拍數: 64 牆數: 2 級數: Intermediate
編舞者: PJ (UK) - September 2019
音樂: In Your Arms - Declan Nerney : (Album: Going Round and Round)



Section 1: Side shuffle right, back rock, recover, side step left, right twist

- 1 & 2 Step right foot to right side, close left beside right, step right foot to right side
- 3 - 4 Rock back on left foot, recover weight to right foot
- 5 Take a long step to left side on left foot
- 6 - 8 Swivel right heel in, swivel right toes in, swivel right heel in

Section 2: Back rock, recover, step, ¼ pivot turn left, right jazz box with step forward

- 1 - 2 Rock back on right foot, recover weight forward onto left foot
- 3 - 4 Step forward on right foot, pivot ¼ turn left
- 5 - 8 Cross step right over left, step back on left foot, step right foot to right side, step forward on left foot

Section 3: Step, kick ball step, step, forward rock, recover, ½ turn right, step forward left

- 1 Step forward on right foot
- 2 & 3 Kick left foot forward, close left beside right, step forward on right foot
- 4 Step forward on left foot
- 5 - 6 Rock forward on right foot, recover weight back onto left foot
- 7 - 8 Make ½ turn right stepping forward on right foot, step forward on left foot

Section 4: Step, kick ball step, step, rocking chair

- 1 Step forward on right foot
- 2 & 3 Kick left foot forward, close left beside right, step forward on right foot
- 4 Step forward on left foot
- 5 - 8 Rock forward on right foot, recover weight to left, rock back on right foot, recover weight to left

Section 5: Side strut right, back rock, recover, side strut left, back rock, recover

- 1 - 2 Step right toe to right side, drop right heel to floor
- 3 - 4 Rock back on left foot, recover weight to right foot
- 5 - 6 Step left toe to left side, drop left heel to floor
- 7 - 8 Rock back on right foot, recover weight to left foot

Section 6: Right vine ¼ turn with sweep, left jazz box with cross

- 1 - 2 Step right foot to right side, cross left behind right
- 3 - 4 Make ¼ turn right stepping forward onto right foot, sweep left foot forward
- 5 - 8 Cross step left over right, step back on right foot, step left foot to left side, cross right over left

Section 7: Side step left, touch, kick ball cross, step right, cross touch, side touch, cross step

- 1 - 2 Step left foot to left side, touch right beside left
- 3 & 4 Kick right foot forward, close right beside left, cross step left over right
- 5 - 6 Step right foot to right side, cross touch left over right
- 7 - 8 Touch left toe to left side, cross step left over right

Section 8: Side step right, touch, kick ball cross, step left, cross touch, side touch, cross touch

- 1 - 2 Step right foot to right side, touch left beside right
- 3 & 4 Kick left foot forward, step left foot in place, cross step right over left
- 5 - 6 Step left foot to left side, cross touch right over left

7 - 8 Touch right toe to right side, cross touch right over left

End of dance!

**Prepared by Paul J. Badrick B.W.D.A.
Best Western Dance Academy**
