

Arms of Mary

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Beginner
編舞者: HP Low (UK) - August 2020
音樂: Arms of Mary - Sutherland Brothers & Quiver



– Intro 16 counts, start one count before vocals

Section 1 (1-8) Walk, Walk, shuffle RLR, rock, recover, ¼ turn Chasse to L

1-2 Walk R walk L
3&4 Step R fwd, step L behind R, step R fwd
5-6 Rock L fwd, recover to R
7&8 Turn ¼ to L stepping L ft, Step R next to L, Step L to L (9.00)

Section 2 (9-16) Cross side sailor step, cross side ¼ turn sailor step

1-2 Cross R over L, step L to L side
3&4 Swing R behind L stepping on R ft, step L next to R, step R next to L
5-6 Cross L over R, step R to R side
7&8 Swing L ft behind R, turning ¼ to L stepping on L ft, step R next to L, step L next to R (6.00)

Section 3 (17-24) Step hold, ball step hold x 2

1-2 Step R fwd, HOLD
&3-4 Step on ball of left ft, step fwd on R, HOLD
5-6 Step L fwd, HOLD
&7-8 Step on ball of R ft, step fwd on L, HOLD

Section 4 (25-32) Rock fwd, recover, shuffle ½ turn to R (RLR), shuffle ½ turn to R(LRL), rock back, recover

1-2 Rock R fwd, recover to Left ft
3&4 Turn ½ to R, stepping on R, step L ft next to R ft, Step R ft next to L ft (12.00)
5&6 Turn ½ to R, stepping on L ft, step R ft next to L ft, Step L ft next to R ft (6.00)
7-8 Rock back on R ft, recover to L ft

The dance will end at the 6.00 wall at the end of Section 3 (Count 24).

Step forward on R foot and do a ½ turn to the Left to face the front as music fades out.