

# Arms of Mary

COPPER KNOB  
STEPPERS

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.

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