

My Arms Are Waiting For You

COPPER KNOB
BY STEPHEN T. C.

拍數: 32 牆數: 2 級數: Beginner
編舞者: Pat Newell (USA) - 25 May 2021
音樂: Baby Confess - Leland Martin



#16 in

ROCK BACK, RECOVER, TRIPLE 1/2 LEFT, ROCK BACK RECOVER, TRIPLE 1/4 RIGHT

1,2 3&4 Rock back on R, recover on L, triple step to 1/2 wall L 6:00
5,6 7&8 Rock back on L, recover on R, triple step to 1/4 wall R 9:00

ROCK BACK, RECOVER, TRIPLE 1/2 LEFT, ROCK BACK RECOVER, TRIPLE 1/4 RIGHT

1,2 3&4 Rock back on R, recover on L, triple step to 1/2 wall L 3:00
5,6 7&8 Rock back on L, recover on R, triple step to 1/4 wall R 6:00

RUMBA BOX,

1-4 Step R, L together, step R back touch L
5-8 Step L, R together, step L fwd , scuff R

JAZZ BOX, HIP SWINGS

1-4 Step R over L, step on L, step on R, step L slightly fwd
5-8 Swing hips, R, L, R, L

Start Again

DANCE FOR THE HEALTH OF IT
