

These Empty Arms

拍數: 68 牆數: 2 級數: Improver
編舞者: Bev Vinge (AUS) - May 2022
音樂: Empty Arms - Erin Hay



(With thanks to Lonnie Ratliff Nashville Songwriter)

WEAVE LEFT, CROSS, ROCK, ¼ TURN STEP, HOLD

1,2,3,4 Cross R over L, Step L to side, Step R behind L, Step L to side,
5,6,7,8 Cross R over L, Rock back, on L, Turn ¼ Right Step R forward, Hold. (3:00)

KICK, CROSS, SIDE, ROCK, KICK, CROSS, SIDE, ROCK

1,2,3,4 Kick L forward, Cross L over R, Step R to side, Rock on L,
5,6,7,8 # Kick R forward, Cross R over L, Step L to side, Rock on R.

PIVOT ½ TURN, TOE STRUT, PIVOT ½ TURN, TOE STRUT

1,2,3,4 Step L forward, Pivot ½ turn Right, Touch L toe forward, Drop L heel,
5,6,7,8 Step R forward, Pivot ½ turn Left, Touch R toe forward, Drop R heel.

BACK, LOCK, BACK, SWEEP, ¼ TURN SAILOR STEP, HOLD

1,2,3,4 Step L back, Lock R over L, Step L back, Sweep R behind,
5,6,7,8 * Turn ¼ Right Step R behind L, Step L to side, Step R to side, Hold. (6:00)

RUMBA BOX

1,2,3,4 Step L to side, Step R together, Step L forward, Touch R together,
5,6,7,8 Step R to side, Step L together, Step R back, Touch L together.

SIDE, ROCK, CROSS, HOLD, SIDE, ROCK, CROSS, HOLD

1,2,3,4 Step L to side, Rock on R, Cross L over R, Hold,
5,6,7,8 Step R to side, Rock on L, Cross R over L, Hold.

WALK BACK L-R, COASTER STEP, WALK FORWARD R-L, KICK-BALL-CHANGE

1,2,3&4 Walk back: L-R, Step L back, Step R together, Step L forward,
5,6,7&8 Walk forward, R-L, Kick R forward, Step R together, Step L together.

SIDE, ROCK, BEHIND, SIDE, ROCK, BEHIND, SIDE, ROCK

1,2,3,4,5,6 Step R to side, Rock on L, Step R behind L, Step L to side, Rock on R, Step L behind R,
7, 8 Step R to side, Rock on L.

ROCKING CHAIR

1,2,3,4 Step R forward, Rock back on L, Step R back, Rock forward on L. (6:00)

TAG & RESTART: On Wall 3 dance to Count 32 (*) add:- Left Sailor Step, Hold and Restart.

ENDING: On Wall 6 dance to Count 16 (#) Step L forward, Paddle ¼ turn Right, Step L tog.