

# Unarmed

拍數: 64      牆數: 4      級數: Intermediate/Advanced  
編舞者: Jan Wyllie (AUS)  
音樂: These Arms - Dwight Yoakam



- 1-2            Rock/step right to right side, rock weight to left  
3&4           Making ¼ turn right step right back behind left, step left beside right, step forward on right  
5&6           Shuffle forward left-right-left  
7-8           Rock/step forward on right, rock back on left
- 9&10           Making ¼ turn to right shuffle to the side right-left-right  
11&12          Shuffle forward left-right-left  
13-14          Rock/step forward on right, rock back on left  
15&16          Step back on right, making ¼ turn left step left to left side, step right across in front of left
- 17-18          Rock/step left to left side, rock weight to right  
19            Stamp left beside right  
&20           Step small step back on right, step forward on left (keep weight evenly distributed)  
21            Transferring weight to left - bend right knee so leg is behind with toes pointing down  
&            Pivot ¼ turn left on left  
22            Stamp right beside left (keep weight on left)  
23            Bend right knee so leg is behind with toes pointing to ground  
&            Pivot ¼ turn left on left  
24            Stamp right beside left (weight on right)
- 25            Rock/step left forward at 45 degrees left swaying left hip forward  
26            Rock/step right back at 45 degrees right swaying right hip backwards  
27-28          Repeat hip sways left and right  
29            Rock/step left back at 45 degrees left swaying left hip backwards  
30            Rock/step right forward at 45 degrees right swaying right hip forward  
31&32          Forward coaster step - step left forward, step right beside left, step back on left  
33-36          Toe strut backwards on right, making ½ turn left heel strut forward on left  
37-38          Rock forward on right, rock back on left  
39&40          Coaster cross - step back on right, step left beside right, step right across in front to left  
41-44          Rock/step left to left side, rock sideways onto right, stamp left beside right, hold  
45-46          Rock/step right to right side, rock sideways onto left  
47&48          Step right behind left, step left to left side, step right across in front of left
- 49-50          Step left to left side, pivot ¼ turn right transferring weight to right  
51-52          Step forward on left, hold  
53&54          Making ½ turn left shuffle right-left-right  
55&56          Making ½ turn left shuffle left-right-left
- 57-58          Rock/step forward on right, rock back on left  
59&60          Making ¼ turn right shuffle to right side right-left-right  
61            Kick left across in front of right  
&62           Step left to left side, touch right beside left  
&63           Step right to right side, touch left beside right  
&64           Step left to left side, touch right beside left

**REPEAT**

