

# With These Arms

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Theresa Needham (UK)  
音樂: These Arms - Dwight Yoakam



## **SIDE BEHIND HEEL BALL CROSS, SIDE ROCK BEHIND SIDE CROSS**

1-2      Step right to right side, step left behind right  
3&4      Dig right heel forward, step right next to left, cross left over right  
5-6      Rock right to right side, recover onto left  
7&8      Step right behind left, step left to left side, cross right over left

## **HEEL BALL CROSS TWICE, ROCK ¼ RIGHT LEFT SHUFFLE**

1&2      Dig left heel to left side, step left next to right, cross right in front of left  
3&4      Dig left heel to left side, step left next to right, cross right in front of left  
5-6      Rock left onto left, making ¼ turn right recover onto right  
7&8      Step forward on left, step right next to left, step forward on left

## **TOE STRUT ¼ RIGHT, SHUFFLE ½ RIGHT TOE STRUT ¼ RIGHT KICK BALL CHANGE**

1-2      Making ¼ turn right, point right toe forward, drop right heel  
3&4      Shuffle ½ turn right, on left right left  
5-6      Making ¼ turn right, point right toe forward, drop right heel  
7&8      Kick left foot forward, step left next to right, step right in place

## **FULL TURN RIGHT, ROCKING CHAIR, STEP PIVOT ½ RIGHT**

1-2      Full turn right stepping back on left, forward on right (option, walk walk)  
3-4      Rock forward on left, recover back onto right  
5-6      Rock back on left, recover onto right  
7-8      Step forward on left, pivot ½ turn right

## **ROCK AND CROSS TWICE, JAZZ BOX**

1&2      Moving forward, rock left to left side, step right in place, cross left over right  
3&4      Rock right to right side, step left in place, cross right over left  
5-6      Cross left over right, step back on right  
7-8      Step left to left side, step forward on right

## **ROCK SHUFFLE ½ LEFT, STEP PIVOT ¼ LEFT TWICE**

1-2      Rock forward onto left, recover back onto right  
3&4      Shuffle ½ turn left, on left right left  
5-6      Step forward onto right, pivot ¼ turn left  
7-8      Step forward onto right, pivot ¼ turn left

## **REPEAT**

There are 2 pauses in the music, just dance through them

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