

In Your Arms (P)

拍數: 64 牆數: 0 級數: Partner
編舞者: Angela Pinnington (UK) & Peter Kimber
音樂: If I Could Bottle This Up - Paul Overstreet



Position: Side by Side (Sweetheart) position

1-2 Step right across left, step back on left
3&4 Side shuffle right right, left, right
5-6 Step left across right, step back on right
7&8 Side shuffle left left, right, left

9&10 Right shuffle forward right, left, right
11&12 Left shuffle forward left, right, left
13-14 Rock forward onto right, recover onto left
15-16 **MAN:** Step right $\frac{1}{4}$ turn right, step left next to right (facing OLOD)
15&16 **LADY:** $\frac{3}{4}$ Turn right on triple step right, left, right (facing ILOD)

Release left hands, lady passes under raised right arms, rejoin hands when facing each other

17-18 **MAN:** Step right to right, cross left behind right
LADY: Step left to left, cross right behind left

19-20 **MAN:** Side shuffle right right, left, right

Release man's left, lady's right hands

LADY: Side shuffle left left, right, left
21-22 **MAN:** Left rock left turning $\frac{1}{4}$ left (facing LOD), recover onto right
LADY: Right rock right turning $\frac{1}{4}$ right (RLOD), recover onto left
23&24 **MAN:** Forward right diagonal cross shuffle left, right, left
LADY: Forward left diagonal cross shuffle right, left, right

Traveling forward, lady crosses in front of man changing places, changing hands. Lady behind man in front

25-26 **MAN:** Right rock right, recover onto left
LADY: Left rock left, recover onto right
27&28 **MAN:** Forward left diagonal cross shuffle right, left, right

Crossing as 23&24

LADY: Forward right diagonal cross shuffle left, right, left
29-30 **MAN:** Left rock to left, recover onto right
LADY: Right rock to right, recover onto left
31&32 **MAN:** Forward right diagonal cross shuffle left, right, left

Crossing as 23&24

LADY: Forward left diagonal cross shuffle right, left, right
33-34 **MAN:** Right rock right, recover onto left
LADY: Left rock left, recover onto right turning $\frac{1}{4}$ right
35-36 **MAN:** Step right across left, step left next to right
35&36 **LADY:** $\frac{3}{4}$ Turn right on triple step left, right, left

Lady crosses in front of man, man changes hands to bring her back into side by side

BOTH:

37-38 Rock back on right, recover onto left
39&40 Right shuffle forward right, left, right

41-42 Left toe point forward, point left
43&44 Left back coaster step
45-46 Right toe point forward, point right

47&48 Right back coaster step

49-50 Step forward left, pivot ½ turn right

Release left hands, raise right

51&52 Left side shuffle turning ¼ right on first step left, right, left (both facing ILOD)

Release hands as you face ILOD, lady placing her hands on man's waist

53&54 Right side shuffle, turning ½ turn right on first step right, left, right (both facing OLOD)

Lady raises her hands to shoulder height, man places hands on lady's waist

55&56 Left side shuffle, turning ½ turn right on first step left, right, left (both facing ILOD)

Lady places hands on man's waist

57-58 Rock back on right, recover onto left

59&60 Right shuffle forward

61-62 Step forward on left, step right turning ¼ turn right (into LOD)

Lady releases hands on turn, resume Side By Side (Sweetheart) position

63&64 Right side cross shuffle

REPEAT
