

Back In Your Arms

COPPER KNOB
STEPPERS

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Teresa Bucciarelli (USA)
音樂: Back In Your Arms Again - Lorrie Morgan



RIGHT SIDE HOPS AND RIGHT GRAPEVINE

&1-2&3-4 Two hops to right side (right, left, hold, right, left, hold)
5-8 Step right to side, left behind, step right to side, tap left foot

LEFT SIDE HOPS AND LEFT GRAPEVINE

&1-2&3-4 Two hops to left side (left, right, hold, left, right, hold)
5-8 Step left to side, right behind, step left to side, tap right foot

WALK BACK, COASTER STEP, STEP TURN ½ RIGHT, SHUFFLE

1-2-3&4 Walk back right, left, coaster step (back on right, back on left, forward on right)
5-6-7&8 Left foot forward, ½ turn right, shuffle step forward (left, right, left)

ROLLING KNEES - (ARM WRAPS OPTIONAL)

1-8 Two counts each - roll right knee out, roll left knee out, repeat

Variation: two counts each - roll knees out then in, out then in, repeat

Arm wraps: as if hugging someone (2 counts each - left arm across to right shoulder, right arm across to left shoulder, then hold wrapped arms for 4 counts

½ PIVOT TURNS, SAILOR SHUFFLES

1-4 ½ turn pivot on left foot to left, ½ turn pivot on right foot to right
5&6-7&8 Right sailor shuffle (right, left, right), left sailor shuffle (left, right, left)

FORWARD HEEL STRUTS

1-8 (Starting with right) heel, toe, heel, toe, heel, toe, heel, toe

JAZZ BOX WITH ¼ TURN RIGHT, ZIG ZAG

1-4 Cross right over left, ¼ turn right, step left back, step right to side, step left next to right
5-8 Step right back on a diagonal, tap left, step left back on a diagonal, tap right

REPEAT
