

# 4 The 1

拍數: 72                      牆數: 4                      級數: Intermediate  
編舞者: Michael Vera-Lobos (AUS) - July 2007  
音樂: In the Arms of the One Who Loves Me - Ty Herndon



## DIAGONAL, DRAG, KICK, STEP BACK, 1/8 LEFT, CROSS, SIDE, RECOVER, CROSS ¼ LEFT, ½ LEFT, ¼ LEFT

- 1-2-3                      Turn 1/8 right and step left forward, drag right toward left, kick right forward (10:30)  
4-5-6                      Step right back, turn 1/8 left and step left forward, cross right over left (9:00)  
1-2-3                      Rock left to side, recover on right, cross left over right  
4-5-6                      Turn ¼ left and step right back, turn ½ left and step left forward, turn ¼ left and step right to side (9:00)

## SAILOR WALTZ LEFT, CROSS BEHIND, ¼ LEFT, ¼ LEFT, SAILOR WALTZ LEFT, CROSS BEHIND, ¼ LEFT, ½ LEFT

- 1-2-3                      Cross left behind right, rock right to side, recover on left  
4-5-6                      Cross right behind left, turn ¼ left and step left forward, turn ¼ left and step right to side (3:00)  
1-2-3                      Cross left behind right, rock right to side, recover on left  
4-5-6                      Cross right behind left, turn ¼ left and step left forward, turn ½ left and step right back (6:00)

## STEP BACK, DRAG/TOUCH, HOOK, FULL SPIN FORWARD RIGHT, STEP FORWARD, ½ RIGHT RAISE, DROP TURN ¾ RIGHT

- 1-2-3                      Step left back, drag right toward left and touch right toe forward, hook right over left  
4-5-6                      Step right forward, turn ½ right and step left back, turn ½ right and step right forward  
1-2-3                      Step left forward, turn ½ right (weight to right, raising both heels), drop left heel  
4-5-6                      Step right forward, turn ½ right and step left back, turn ¼ right and step right to side (9:00)

## DIAGONAL, DRAG, KICK, BACK, SIDE, CROSS, SIDE STEP, DRAG BESIDE FULL TURN RIGHT

- 1-2-3                      Turn 1/8 right and step left forward, drag right toward left, kick right forward (10:30)  
4-5-6                      Step right back, turn 1/8 left and step left to side, cross right over left (9:00)  
1-2-3                      Big step left to side, drag right toward left for two counts  
4-5-6                      Turn ¼ right and step right forward, turn ½ right and step left back, turn ¼ right and step right to side (left heel raised, 9:00)

## ¼ DROP LEFT, ½ SWEEP AROUND LEFT, CROSS, SIDE, BEHIND, ¼ LEFT, ½ SWEEP AROUND LEFT, CROSS SIDE, BEHIND

- 1-2-3                      Turn ¼ left and drop left heel, turn ½ left over 2 counts (12:00)  
*On the turn, sweep right foot around to the side*  
4-5-6                      Cross right over left, step left to side, cross right behind left (12:00)  
1-2-3                      Turn ¼ left and step left forward (9:00), turn ½ left over 2 counts (3:00)  
*On the turn, sweep right toe around to the side*  
4-5-6                      Cross right over left, step left to side, cross right behind left (3:00)

## SIDE ROCK, RECOVER, ½ HINGE LEFT, CROSS, ¼ RIGHT, ½ RIGHT, STEP FORWARD, ¼ RIGHT CROSS, STEP SIDE, ½ HINGE LEFT, CROSS

- 1-2-3                      Rock LEFT TO SIDE, RECOVER on right, turn ½ left and step left to side (9:00)  
4-5-6                      Cross right over left, turn ¼ right and step left back, turn ½ right and step right forward (6:00)  
1-2-3                      Step left forward, turn ¼ right (weight to right), cross left over right (9:00)  
4-5-6                      Step right to side, turn ½ left and step left to side, cross right over left (3:00)

## REPEAT

## TAG: At END of WALLS 2 (facing back) & 4 (facing front wall) traveling to corners

- 1-2-3                      Turn 1/8 left and step left forward, step right together, step left together

4-5-6 Step right back, turn  $\frac{1}{2}$  left and step left forward, step right forward  
1-2-3 Step left forward, turn  $\frac{1}{2}$  right (weight to right), step left forward  
4-5-6 Step right forward, turn  $\frac{1}{2}$  right and step left back, turn  $\frac{5}{8}$  right and step right forward  
(12:00)

**Start again**

**FINISH: Music fades near end. Keep dancing at normal speed to count 69 and turn over left to face front wall**

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