

Arms Wide Open

COPPER KNOB
BY STEPHEN BRETZ

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Tina Sparkle (UK) - October 2007
音樂: Arms Wide Open - Creed



LEFT NIGHT BASIC, L CROSS ¼ TURN LEFT, R BACK ROCK, R POINT, R FLICK, R CROSS ¼ TURN RIGHT, R TOUCH.

- 1-2& Step left big step to left side, cross step right behind left, cross step left over right.
3-4& Step right forward on right diagonal, cross left over right on right diagonal, make ¼ turn left as you step back on right.
5-6& Step left to left side, cross step right behind left, step left across right.
7&8& Point right toe to right side, flick right foot to side and out, step right across in front of left, ¼ turn right stepping back on left.

RIGHT TOUCH, WALKS X 3 HITCH LEFT, WALKS X 3 HITCH RIGHT.

- 1-2&3 Touch right beside left, walk forward right, left, right.
&4&5 Hitch left knee as you rise up on ball of right foot, walk forward left, right, left.
&6&7 Hitch right knee at the same time bring right foot across in front of left, step right across in front of left, step right to right side.
8& Cross rock left over right, recover onto left.

STEP LEFT SIDE, RIGHT ACROSS, LEFT SIDE, RIGHT BEHIND, ¼ LEFT, ½ PIVOT LEFT, 2 X PRISSY WALKS R,L, START TRIPLE FULL RIGHT.

- 1-2&3 Step left to left side, step right across, step left to side, step right behind left.
4&5 Make ¼ turn left stepping left forward, step forward on right ½ pivot turn left.
6-7 2 x prissy walks right, left.
8& Start a full triple turn right stepping right, left.

FINISH FULL TRIPLE RIGHT, LEFT ROCKING CHAIR, ROCK ¼ TURN LEFT, REVERSE ½ TURN RIGHT, LEFT CROSS ROCK.

- 1-2& Step forward on right completing full triple right, rock forward on left, recover onto right.
3& Rock back onto left, rock forward onto right.
4&5 Rock forward onto left, recover back onto right, make ¼ turn left stepping left to left side.
6&7 Cross right over left, make ¼ turn right stepping back on left, make ¼ turn right stepping right to right side.
8& Cross rock left over right, recover back onto right.

START AGAIN. DON'T FORGET TO SMILE.

This dance is dedicated to the memory of Angie 1962 – 2007
