

Stay Out Of My Arms

拍數: 64 牆數: 2 級數: Improver
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音樂: Stay Out Of My Arms - Heather Myles : (Album: Just Like Old Times)



(8) FORWARD, COASTER-STEP, FORWARD, ROCK, 1/2TURN, SHUFFLE.

1 2 3&4 Step R fwd, rock back on L, COASTER: Step R back, Step L beside R, step R fwd,
5 6 7&8 Step L fwd, rock back on R turning ½ left, shuffle fwd step L.R.L.

(16) 1/2 PIVOTS X 2, SIDE, ROCK, CROSS-SHUFFLE. 1 2 3 4 Step R fwd, pivot ½ turn left (take weight on left), step R fwd, pivot ½ turn left (take weight on left),

5 6 7&8 Step R to side, rock onto L, cross-shuffle step: R-L-R.

(24) SIDE, 1/4 TURN-HOOK, SHUFFLE, FWD, 1/2 TURN-HOOK, SHUFFLE.

1 2 3&4 Step L to side, turn ¼ turn right hooking R heel to L shin, shuffle forward step: R.L.R,
5 6 7&8 Step L fwd, turn ½ turn right hooking R heel to L shin, shuffle forward step: R.L.R.

(32) FORWARD, ROCK, 1/2 TURN-SHUFFLE x 2, 1/2 TURN, FORWARD.

1 2 3&4 Step L forward, rock back on R turning ½ turn left, shuffle forward L. R .L. (9)
5 6 7&8 Turn ½ turn left shuffle back R. L. R, (3) turn ½ turn left step L forward, step R forward, (9)

(40) SIDE, ROCK, BEHIND, SIDE, ACROSS, SIDE, ROCK, 1/4 TURN-SAILOR STEP.

1 2 3&4 Step L to side, rock onto R, step L behind R, step R to side, step L across R,
5 6 7&8 Step R to side rock onto L, sailor-step turning ¼ turn Right step R.L.R (12)

(48) FWD, BACK, BACK, LOCK, BACK, 1/2 TURN, 1/2 TURN, 1/4 TURN, FWD.

1 2 3&4 Step L forward, step R back, step L back, step R across L, step L back,
5 6 7&8 Turn ½ right step R fwd, turn ½ right step L back, turn ¼ right step R to side, step L fwd.

(Tag & Restart)

(56) FORWARD, ROCK, COASTER-STEP, FORWARD, ROCK, 1/2 TURN, SHUFFLE.

1 2 3&4 Step R forward, rock back on L, step R back, step L beside R, step R forward,
5 6 7&8 Step L forward, rock back on R turning ½ left shuffle forward L.R.L.

(64) 1/4 PADDLE-TURN, SHUFFLE FWD, 1/2TURN, 1/2TURN, FORWARD, HOLD.

1 2 3&4 Step R forward, turn ¼ left (take weight on L), shuffle forward R.L.R,
5 6 7 8 Turn ½ right step L back, turn ½ right step R forward, step L forward, hold.

Repeat dance in new direction.

Tag & Restart: during wall 2 dance to beat 48 then add a right ¼ turn jazz box step:

1,2 Step R across L, turn ¼ right step L back,
3,4 Step R to side, step L forward.

to restart facing the front wall.