

In These Arms

拍數: 64 牆數: 4 級數: Phrased Improver
編舞者: Edwin P Napitu (NL) - November 2013
音樂: In These Arms - Bon Jovi



Intro: 32 Counts

Order Of The Dance : A, A, A, A(1 – 16), B, B, A(1 – 16), A, A, B, B, B (1 – 8)), A, B, A(1 – 16), B, B, B, B, B

PART A - 32 counts

(1 – 8) R CROSS, ¼ TURN R STEP, BACK SHUFFLE, ROCK BACK, KICK BALL CHANGE

1 – 2 Cross R over L, ¼ turn right step L back
3 & 4 Step R back, step L next to R, step R back
5 – 6 Step L back, recover on R
7 & 8 Kick L forward, step on ball of L, step R in place

(9 – 16) L CROSS, ¼ TURN L STEP, BACK SHUFFLE, ROCK BACK, KICK BALL CHANGE

1 – 2 Cross L over R, ¼ turn left step R back
3 & 4 Step L back, step R next to L, step L back
5 – 6 Step R back, recover on L
7 & 8 Kick R forward, step on ball of R, step L in place

(17 – 24) SIDE, TOUCH, CHASSE, ROCK BACK, KICK BALL CHANGE

1 – 2 Step R to right side, touch L next to R
3 & 4 Step L to left side, step R next to L, step L to left side
5 – 6 Step R back, recover on L
7 & 8 Kick R forward, step on ball of R, step L in place

(25 – 32) SIDE, BEHIND, CHASSE ¼ TURN R, ROCK STEP, COASTER STEP

1 – 2 Step R to right side, cross L behind R
3 & 4 Step R to right side, step L next to R, ¼ turn right stepping forward on R
5 – 6 Step L forward, recover on R
7 & 8 Step back on L, step R next to L, step forward on L

PART B - 32 counts

(1 – 8) KICK BALL CHANGE, STEP, TOUCH (2X)

1 & 2 Kick R forward, step on ball of R, step L in place
3 – 4 Step R forward, touch L next to R
5 & Kick L forward, step on ball of L, step R in place
7 – 8 Step L forward, touch R next to L

(9 – 16) ROCK STEP, CHASSE ½ TURN R, FULL TURN FORWARD, SHUFFLE

1 – 2 Step R forward, recover on L
3 & 4 Step R to right side, step L next to R, ½ turn right stepping forward on R
5 – 6 ½ turn right step L back, ½ turn right step R forward
7 & 8 step L forward, step R next to L, step L forward

(17 – 24) CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR STEP

1 – 2 Cross R over L, step L to left side
3 & 4 Step R behind L, step L to left side, step R to right side
5 – 6 Cross L over R, step R to right side
7 & 8 Step L behind R, step R to right side, step L to left side

(25 – 32) ½ TURN L, KICK BALL CHANGE, ¼ TURN L, KICK BALL CHANGE

- 1 – 2 Step R forward, ½ turn left
- 3 & 4 Kick R forward, step on ball of R, step L in place
- 5 – 6 Step R forward, ¼ turn left
- 7 & 8 Kick R forward, step on ball of R, step L in place

Just dance & Have Fun

EPN 01112013/superindo2013@gmail.com
