

Heaven In My Arms

COPPER **NOB**
BY SHEETS

拍數: 48
編舞者: Ivy Low (MY) - November 2013
音樂: Heaven In My Arms - Carola

牆數: 2

級數: Phrased Intermediate (slow waltz)



Sequence: AABB Tag 1, AABB, AA Tag 2, AABB, Tag 2, A
Intro: 2 x 6 (12 counts)

PART A - 24 counts

BACK TWINKLE, BEHIND SIDE CROSS, 3/4 R TURN FORWARD, 3/8 L BACK LOCKSTEP, 1/2 L FORWARD

- 1 2 3 Step LF diagonally behind (facing 10:30) RF rock side, recover on LF (1:30)
4 5 6 Cross RF behind LF, step LF to left, cross RF over LF (12:00)
1 2 3 Make a 1/4R turn by stepping back on LF (3:00), make a 1/2R turn stepping forward RF, step LF forward (9:00)
4&5 6 Make a 3/8L turn stepping back on RF (facing 4:30), lock LF front of RF, step back RF, make a 1/2L turn by stepping LF forward (10:30)

ROCK RECOVER 1/2 R TURN, WALK WALK WALK, STEP SWEEP 3/4 R, PRESS RECOVER SWEEP 3/4 L

- 1 2 3 Rock RF forward, recover LF, 1/2R turn stepping RF forward (4:30)
4 5 6 Walk forward LF, RF, LF (4:30)
1 2 3 Step RF forward and sweep LF clockwise face front wall (12:00)
4 5 6 Press LF forward, recover RF and sweep LF 3/4 left touching LF to side (6:00)

PART B - 24 counts

LEFT TWINKLE, 1/2 R TWINKLE, LEFT TWINKLE, 1/2 R TWINKLE

- 1 2 3 Cross LF over RF, step RF to side, recover on LF (12:00)
4 5 6 Cross RF over LF, step back LF 1/4R turn, step RF to side making 1/4R turn (6:00)
1 2 3 Cross LF over RF, step RF to side, recover on LF (6:00)
4 5 6 Cross RF over LF, step back LF 1/4R turn, step RF to side making 1/4R turn (12:00)

FORWARD LF 1/4 R TURN, KICK, 1/2 L TURN, STEP HITCH 1/4 R TURN, WEAVE R, SWEEP 1/2 R

- 1 2 3 Step LF forward 1/4R turn, kick RF forward with straight knee (3:00) On LF turn body 1/2L leaving RF extended at the back (facing 9:00)
4 5 6 Step RF forward (9:00), execute a 1/4R turn on RF and hook LF into a Figure 4 over 2 counts (12:00)
1 2 3 Cross LF over RF, step RF to side, cross LF behind RF (12:00)
4 5 6 Step RF to side, execute a 1/2R turn and sweep LF over 2 counts (facing 6:00)

TAG 1

WEAVE RIGHT, POINT, HOLD, SWING BACK, SWAY LEFT, SWAY RIGHT

- 1 2 3 Cross LF over RF, step RF to side, cross LF behind RF
4 5 6 Step RF to side, point LF across RF, hold
1 2 3 Swing LF back (straight knee), step down LF swaying left, sway to the right

TAG 2

3 CURVED FEATHER WALKS, SPIRAL FULL TURN LEFT, 3 CURVED FEATHER WALKS, SPIRAL FULL TURN LEFT

- 1 2 3 Walk 3 steps forward curving left starting with LF (9:00)
4 5 6 Continuing the curve: step RF forward and spiral full turn L, step LF forward, step RF forward (6:00)
1 2 3 Walk 3 steps forward curving left starting with LF (3:00)

4 5 6 Continuing the curve: step RF forward and spiral full turn L, step LF forward, step RF forward
(12:00)

Note: You are walking a full circle in these 12 counts.

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