|  |  |
| --- | --- |
| 4 The 1 |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 72 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Michael Vera-Lobos (AUS) - July 2007 | | | | |
| **Music:** | 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 1-2-3Turn 1/8 right and step left forward, drag right toward left, kick right forward (10:30) 4-5-6Step right back, turn 1/8 left and step left forward, cross right over left (9:00) 1-2-3Rock left to side, recover on right, cross left over right 4-5-6Turn 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 1-2-3Cross left behind right, rock right to side, recover on left 4-5-6Cross right behind left, turn ¼ left and step left forward, turn ¼ left and step right to side (3:00) 1-2-3Cross left behind right, rock right to side, recover on left 4-5-6Cross 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 1-2-3Step left back, drag right toward left and touch right toe forward, hook right over left 4-5-6Step right forward, turn ½ right and step left back, turn ½ right and step right forward 1-2-3Step left forward, turn ½ right (weight to right, raising both heels), drop left heel 4-5-6Step 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 1-2-3Turn 1/8 right and step left forward, drag right toward left, kick right forward (10:30) 4-5-6Step right back, turn 1/8 left and step left to side, cross right over left (9:00) 1-2-3Big step left to side, drag right toward left for two counts 4-5-6Turn 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 1-2-3Turn ¼ left and drop left heel, turn ½ left over 2 counts (12:00) On the turn, sweep right foot around to the side 4-5-6Cross right over left, step left to side, cross right behind left (12:00) 1-2-3Turn 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 4-5-6Cross 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 1-2-3Rock LEFT TO SIDE, RECOVER on right, turn ½ left and step left to side (9:00) 4-5-6Cross right over left, turn ¼ right and step left back, turn ½ right and step right forward (6:00) 1-2-3Step left forward, turn ¼ right (weight to right), cross left over right (9:00) 4-5-6Step 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 1-2-3Turn 1/8 left and step left forward, step right together, step left together 4-5-6Step right back, turn ½ left and step left forward, step right forward 1-2-3Step left forward, turn ½ right (weight to right), step left forward 4-5-6Step right forward, turn ½ right and step left back, turn 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 EMail / Website**