## Unarmed

Count: 64
Wall: 4
Level: Intermediate/Advanced
Choreographer: Jan Wyllie (AUS)
Music: These Arms - Dwight Yoakam

1-2
3\&4
5\&6
7-8
9\&10
11\&12
13-14
15\&16
17-18
19
\&20
21
\&
22
23
\&
24

25
26
27-28
29
30
31\&32
33-36
37-38
39\&40
41-44
45-46
47\&48

49-50
51-52
53\&54
55\&56
57-58
59\&60
61
\& 62
\&63
\&64

Rock/step right to right side, rock weight to left
Making $1 / 4$ turn right step right back behind left, step left beside right, step forward on right
Shuffle forward left-right-left
Rock/step forward on right, rock back on left
Making $1 / 4$ turn to right shuffle to the side right-left-right
Shuffle forward left-right-left
Rock/step forward on right, rock back on left
Step back on right, making $1 / 4$ turn left step left to left side, step right across in front of left
Rock/step left to left side, rock weight to right
Stamp left beside right
Step small step back on right, step forward on left (keep weight evenly distributed)
Transferring weight to left - bend right knee so leg is behind with toes pointing down
Pivot $1 / 4$ turn left on left
Stamp right beside left (keep weight on left)
Bend right knee so leg is behind with toes pointing to ground
Pivot $1 / 4$ turn left on left
Stamp right beside left (weight on right)
Rock/step left forward at 45 degrees left swaying left hip forward
Rock/step right back at 45 degrees right swaying right hip backwards
Repeat hip sways left and right
Rock/step left back at 45 degrees left swaying left hip backwards
Rock/step right forward at 45 degrees right swaying right hip forward
Forward coaster step - step left forward, step right beside left, step back on left
Toe strut backwards on right, making $1 / 2$ turn left heel strut forward on left
Rock forward on right, rock back on left
Coaster cross - step back on right, step left beside right, step right across in front to left
Rock/step left to left side, rock sideways onto right, stamp left beside right, hold
Rock/step right to right side, rock sideways onto left
Step right behind left, step left to left side, step right across in front of left
Step left to left side, pivot $1 / 4$ turn right transferring weight to right
Step forward on left, hold
Making $1 / 2$ turn left shuffle right-left-right
Making $1 / 2$ turn left shuffle left-right-left
Rock/step forward on right, rock back on left
Making $1 / 4$ turn right shuffle to right side right-left-right
Kick left across in front of right
Step left to left side, touch right beside left
Step right to right side, touch left beside right
Step left to left side, touch right beside left
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