

# These Arms of Mine

COPPER KNOB  
STEPPERS

拍數: 75      牆數: 1      級數: Phrased Improver  
編舞者: Carmela Saliba - November 2010  
音樂: These Arms of Mine - Otis Redding : (Album: The Very Best Of Otis Redding)



Description A 30 Count – B 45 Count.( A – A B – A – A - B – A – A )

## Hand movements and swing hips (SECTION A)

(On vocals these arms of mine)

Lift right arms across the back left shoulder; lift the left arms cross the back right shoulder

And bring them across the front chest with your feet apart swing your hips left to right count 6

## Viennese waltz steps on vocals (They are lonely)

123      Cross left over right, step right to the side, step left next to right

456      Cross right over left, step left to the side, step right next to left

123      Cross left over right, step right to the side, step left next to right

456      Cross right over left, step left to the side, step right next to left

## Forward, Ronde, right twinkle ½ turn right

123      Step back on right, step left beside right, step left next to right

456      Step left forward, Ronde right around from back to front (over 2 counts)

123      Cross right over left, turn ¼ right and step left back (3:00) turn ¼ right and step right to side (6:00)

## Cross, hitch, low kick, wave left

123      Step left forward to right diagonal, hitch right knee, low kick right forward.

456      Cross right behind left, step left to side, step right across over left.

## Triple full turn left , hold 1 count triple full turn right

123      Stepping turn left - right – left hold 1 count 456 - stepping turn right – left – right

## Viennese waltz steps (SECTION B)

123      Cross left over right, step right to the side, step left next to right

456      Cross right over left, step left to the side, step right next to left

123      Step left forward, step right beside left, step left next to right

456      Step back on right, step left beside right, step left next to right

123      Cross left over right, step right to the side, step left next to right

456      Cross rock right over left, step back on left, ½ turn to the right (hold)

123      Step left forward, step right beside left, step left next to right

456      Step back on right, step left beside right, step left next to right

## Wave swings and cross, hitch, low kick, wave

123      Cross left over right, step right to right side, step left cross behind

456      swing on point right toe to the side, swing on point left toe to the side, swing on point right toe to the side

123      Step left forward to right diagonal, hitch right knee, low kick right forward

456      Step back right , step back left, step right over left and (hold to wave)

123                    step left to the side, step right behind,step left to the side

**Triple full turn on right , hold 1 count triple full turn on left**

123                    Stepping turn left - right – left hold 1 count

456                    stepping turn right – left – right

**Finish the dance 456 – Hips swing and hand movement**

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