

These Arms of Mine

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Count: 75

Wall: 1

Level: Phrased Beginner / Intermediate

Choreographer: Carmela Saliba (10/11/2010)

Music: These Arm Of Mine by Odis Redding. (The Very Best Of Odis 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 appart 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

456swing 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)

123step 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

456stepping turn right - left - right

Finish the dance 456 - Hips swing and hand movement