

UNARMED

LINEDANCE.COM

Count: 64

Wall: 4

Level: intermediate/advanced

Choreographer: Jan Wyllie

Music: These Arms by Dwight Yoakam

- 1-2** Rock/step right to right side, rock weight to left
- 3&4** Making $\frac{1}{4}$ turn right step right back behind left, step left beside right, step forward on right
- 5&6** Shuffle forward left-right-left
- 7-8** Rock/step forward on right, rock back on left
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- 9&10** Making $\frac{1}{4}$ turn to right shuffle to the side right-left-right
- 11&12** Shuffle forward left-right-left
- 13-14** Rock/step forward on right, rock back on left
- 15&16** Step back on right, making $\frac{1}{4}$ turn left step left to left side, step right across in front of left
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- 17-18** Rock/step left to left side, rock weight to right
- 19** Stamp left beside right
- &20** Step small step back on right, step forward on left (keep weight evenly distributed)
- 21** Transferring weight to left - bend right knee so leg is behind with toes pointing down
- &** Pivot $\frac{1}{4}$ turn left on left
- 22** Stamp right beside left (keep weight on left)
- 23** Bend right knee so leg is behind with toes pointing to ground
- &** Pivot $\frac{1}{4}$ turn left on left
- 24** Stamp right beside left (weight on right)
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- 25** Rock/step left forward at 45 degrees left swaying left hip forward
- 26** Rock/step right back at 45 degrees right swaying right hip backwards
- 27-28** Repeat hip sways left and right

- 29** Rock/step left back at 45 degrees left swaying left hip backwards
- 30** Rock/step right forward at 45 degrees right swaying right hip forward
- 31&32** Forward coaster step - step left forward, step right beside left, step back on left
- 33-36** Toe strut backwards on right, making ½ turn left heel strut forward on left
- 37-38** Rock forward on right, rock back on left
- 39&40** Coaster cross - step back on right, step left beside right, step right across in front to left
- 41-44** Rock/step left to left side, rock sideways onto right, stamp left beside right, hold
- 45-46** Rock/step right to right side, rock sideways onto left
- 47&48** Step right behind left, step left to left side, step right across in front of left
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- 49-50** Step left to left side, pivot ¼ turn right transferring weight to right
- 51-52** Step forward on left, hold
- 53&54** Making ½ turn left shuffle right-left-right
- 55&56** Making ½ turn left shuffle left-right-left
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- 57-58** Rock/step forward on right, rock back on left
- 59&60** Making ¼ turn right shuffle to right side right-left-right
- 61** Kick left across in front of right
- &62** Step left to left side, touch right beside left
- &63** Step right to right side, touch left beside right
- &64** Step left to left side, touch right beside left

REPEAT