

Back to your arms

Choreographer: Christina Yang (KOR)-Jul. 2019

Count: 32 Wall: 4 Level: Improver Type: Country

Music: Sea of heartbreak by Anne Murray

Start the dance after 16 counts

SECTION 1: SIDE, JAZZ BOX, CROSS, SIDE, BACK ROCK, RECOVER, SIDE, 1/4 TURN TO L WITH BACK ROCK, RECOVER

- 1-2 RF side, LF cross over RF
- 3&4 RF backward, LF side, RF cross over LF
- 5-6& LF side, RF cross rock behind LF, LF recover
- 7-8& RF side, 1/4 turn to L with LF cross rock behind RF, RF recover

SECTION 2: FORWARD, ROCKING CHAIR, FORWARD, KICK, BACKWARD, COASTER STEP

- 1 LF forward
- 2&3& RF forward rock, LF recover, RF backward rock, LF recover
- 4-6 RF forward, LF forward kick, LF backward
- 7&8 RF backward, LF closed RF, RF forward

SECTION 3: 1/2 TURN TO R WITH CHASE TURN, FULL TURN TO L, FORWARD, 1/4 TURN TO R WITH PIVOT TURN, CROSS, SIDE

- 1-3 LF forward, 1/2 turn to R with weight change to RF, LF forward
- 4&5 1/2 turn to L with RF backward, 1/2 turn to L with LF forward, RF forward
- 6-7 LF forward, 1/4 turn to R with RF side
- 8& LF cross over RF, RF side

SECTION 4: CROSS BEHIND, SIDE, CROSS SHUFFLE WITH SWEEP, CROSS, 1/4 TURN TO R WITH BACKWARD, SIDE, CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER

- 1&2& LF cross behind RF, RF side, LF cross over RF, RF side
- 3-4&5 LF cross over RF and RF sweep from back to front, RF cross, 1/4 turn to R with LF backward, RF side
- 6&7 LF cross rock over RF, RF recover, LF side
- 8& RF cross rock over LF, LF recover

NO TAG, NO RESTART

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