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Windstar

BEGINNER

64 Count

Choreographed by: Deborah Bates Choreographed to: These Arms by Dwight Yoakam

FORWARD SHUFFLES, ROCK STEP Shuffle forward (left, right, left) 1 & 2 Shuffle forward (right, left, right) 3 & 4 5 & 6 Shuffle forward (left, right, left) 7 - 8 Rock step forward on right foot; rock back onto left foot SHUFFLE TURN, ROCK STEP, SHUFFLE TURN, FORWARD SHUFFLE 9 & 10 Pivot 1/2 turn to the right on ball of left foot and shuffle forward (right, left, right) 11 - 12 Rock step forward on left foot; rock back onto right foot Pivot 1/2 turn to the left on ball of right foot and shuffle forward (left, right, left) 13 & 14 Shuffle forward (right, left, right) 15 & 16 /Drop left hands MAN - FORWARD WALK: LADY - FORWARD 1 1/2 TRAVELING TURN 17 MAN: Step forward on left foot; raising hand up as lady turns LADY: Step forward on left foot and pivot 1/2 turn to the right MAN: Step forward on right foot 18 LADY: Pivot 1/2 turn to the right on ball of left foot and step forward on right foot 19 MAN: Step forward on left foot LADY: Pivot 1/2 turn to the right on ball of right foot and step back on left foot 20 MAN: Touch right foot next to left LADY: Touch right foot next to left **Right and Left Rolling Vines** /Release right hands as you begin vine 21 - 22Step 1/4 turn to right on right foot; step 1/4 turn to right on left foot Step 1/2 turn to right on right foot; touch left foot next to right (grab left hands as you complete vine) 23 - 2425 - 26 (Release left hands as you begin vine) step 1/4 turn to left on left foot; step 1/4 turn to left on right foot 27 - 28 Step 1/2 turn to left on left foot; touch right next to left (grab right hands as you complete vine) STEP, KICK, STEP-BALL-CHANGES 29 - 30Step forward on right; kick left foot forward 31 & 32 Step back on left foot; step weight on ball of right foot, change weight to left foot 33 - 34 Step forward on right; kick left foot forward 35 & 36 Step back on left foot; step weight on ball of right foot, change weight to left foot SHUFFLE, STEP, TURN 37 & 38 MAN: Shuffle forward (right, left, right) LADY: Shuffle back (right, left, right) MAN: Step forward on left foot 39 LADY: Turn 1/2 turn left on ball of right foot, stepping forward on left foot 40 MAN: Touch right foot next to left LADY: Touch right foot next to left /Ending back in side-by-side position FORWARD SHUFFLE, STEP, TOUCH, JAZZ SQUARE 41 & 42 Shuffle forward (right, left, right) 43 - 44 Step forward on left foot; touch right foot next to left 45 - 46 Cross step right foot over left; step back on left foot 47 - 48 Step to right on right; touch left foot next to right

	KICK-BALL-CHANGE, STEP, PIVOT, JAZZ SQUARE
49 & 50	Kick left foot forward; step next to right on ball of left foot; change weight to right foot
51 - 52	Step slightly forward on left foot; pivot 1/2 turn to the right on ball of left foot and shift weight to right foot
53 - 54	Cross step left foot over right; step back on right foot
55 - 56	Step to the left on left foot; touch right foot next to left
57 & 58 59 - 60 61	KICK-BALL-CHANGE, PIVOT, WALK FORWARD WITH A TOUCH Kick right foot forward; step next to left on ball of right, change weight to left foot Step slightly forward on right; pivot 1/2 turn to the left on ball of right foot and shift weight to left foot MAN: Step forward on right foot
62	LADY: Step forward on right foot turning 1/4 turn to left on ball of left MAN: Step forward on left foot
63	LADY: Turn 1/2 turn left on ball of right foot, stepping to the left on left foot MAN: Step forward on right foot
64	LADY: Turn 1/4 turn left on ball of left foot, stepping forward on right foot MAN: Touch left foot next to right
	LADY: Touch left foot next to right
	REPEAT

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