

Truth & Soul

72 Count, 2 Wall, Improver Choreographer: Sebastiaan Holtland (NL) Oct 2015 Choreographed to: These Arms of Mine by Stan Walker (Truth & Soul 2015)

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Introduction: These Arms of, start at the word "Mine" approx 03 sec.

1-6 Back, Hook, Replace, ¹/₂ L, Knee Lift R.

- 1-3 Step R back, hook L across R over 2 counts.
- 4-6 Step L back in place, Making ½ turn L (6) over L, Lift R knee up.

7-12 Check Fwd, Hold (2X), Replace, Sweep R.

- 1-3 Check R forward over 3 counts.
- 4-6 Step L back in place slightly back, sweeping R from front to back over 3 counts.

13-18 1/4 Sailor Turn R, Sailor L.

- 1-3 Making ¹/₄ turn R (9) step R behind L, step L to L, step R to R.
- 4-6 Step L behind R, Step R to R, step L forward.

19-24 Step, Hold (2x), ¹/₂ Pivot Turn L, Hold (2x).

- 1-3 Step R forward over 3 counts.
- 4-6 Pivot 1/2 Turn L onto R over 3 counts.

25-30 Step, 1/2 L, Back L, Back R, 1/2 turn L, Step.

- 1-3 Step L forward, Making ¹/₂ turn L step R back (9), step L back.
- 4-6 Step R back, Making ¹/₂ turn L step L forward (3), step R forward.

31-36 Step, Rising Kick Fwd (2X), Back, ¼ L, Side, Step.

- 1-3 Step L forward, Rising kick R forward over 2 counts.
- 4-6 Step R back, Making ¹/₄ L (12) step L to L, Step R forward.

37-42 Check Fwd, Hold (2X), Replace, Sweep R.

- 1-3 Check L forward over 3 counts.
- 4-6 Step R back in place slightly back, sweeping L from front to back over 3 counts.

43-48 1/4 Sailor Turn L, Sailor R.

- 1-3 Making ¹/₄ turn L (9) step L behind R, step R to R, step L to L.
- 4-6 Step R behind L, Step L to L, step R forward.

49-54 Check Fwd, Hold (2X) (Pose), Replace, ¹/₂ L, Step Fwd L-R.

- 1-3 Check L forward over 3 counts (Pose).
- 4-6 Step R back in place, Making ½ turn L (3) stepping L forward, Stepping R forward.

55-60 Check Fwd, Hold (2X) (Pose), Replace, Hold (2X).

- 1-3 Check L forward over 3 counts (Pose).
- 4-6 Step R back in place over 3 counts.

61-66 Twinkle ¹/₄ Turn L, Twinkle ¹/₂ Turn R.

- 1-3 Step L forward, Making ¹/₄ turn L (12) step R slightly to R, Step L slightly to L.
- 4-6 Step R across forward L, Making 1/4 turn R (3) stepping L back, Making 1/4 turn R (6) step R to right.

67-72 Side, Drag, Touch, Hold (2X).

- 1-3 Step L to L, Drag on R over 2 counts.
- 4-6 Touch R next to L, Hold for 2 counts. (6:00)

Start Again and have fun!