

## These Arms Of Mine

Phrased, 72 Count, 1 Wall, Intermediate  
Choreographer: Carmela Saliba (Malta) July 2010  
Choreographed to: These Arm Of Mine by Otis  
Redding

Sequence:AAB AAB AA. Start dancing on lyrics

### SECTION A

#### HAND MOVEMENTS AND SWING HIPS

*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 apart, swing your hips left to right. Count 6 viennese waltz steps on vocals ("they are lonely")*

- 1-2-3 Cross left over right, step right to side, step left together
- 4-5-6 Cross right over left, step left to side, step right together
- 1-2-3 Cross left over right, step right to side, step left together
- 4-5-6 Cross right over left, step left to side, step right together

#### FORWARD, RONDA, RIGHT TWINKLE TURN ½ RIGHT

- 1-2-3 Step right back, step left together, step left together
- 4-5-6 Step left forward, rondé right around from back to front (over 2 counts)
- 1-2-3 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

- 1-2-3 Step left forward to right diagonal, hitch right knee, low kick right forward
- 4-5-6 Cross right behind left, step left to side, step right across over left

#### TRIPLE FULL TURN LEFT, HOLD 1 COUNT TRIPLE FULL TURN RIGHT

- 1-2-3 Stepping turn left, right, left hold 1 count
- 4-5-6 Stepping turn right, left, right

### SECTION B

#### VIENNESE WALTZ STEPS

- 1-2-3 Cross left over right, step right to side, step left together
- 4-5-6 Cross right over left, step left to side, step right together
- 1-2-3 Step left forward, step right together, step left together
- 4-5-6 Step right back, step left together, step left together
- 1-2-3 Cross left over right, step right to side, step left together
- 4-5-6 Cross/rock right over left, step left back, ½ turn to the right (hold)
- 1-2-3 Step left forward, step right together, step left together
- 4-5-6 Step right back, step left together, step left together

#### WAVE SWINGS AND CROSS, HITCH, LOW KICK, WAVE

- 1-2-3 Cross left over right, step right to side, step left cross behind
- 4-5-6 Swing on point right toe to the side, swing on point left toe to the side, swing on point right toe to the side
- 1-2-3 Step left forward to right diagonal, hitch right knee, low kick right forward
- 4-5-6 Step right back, step left back, cross right over left and (hold to wave)
- 1-2-3 Step left to side, cross right behind, step left to the side triple full turn on right, hold 1 count triple full turn on left
- 1-2-3 Stepping turn left, right, left hold 1 count 4-5-6, stepping turn right, left, right

### ENDING

- 4-5-6 Hips swing and hand movement