

Well Armed

40 Count, 4 Wall, Improver

Choreographer: Jim & Martie Ferrazzano (USA) May 2012

Choreographed to: Armed And Dangerous by Steven Craig Harding

Start dancing on lyrics

CROSSOVER SIDE STRUT TO LEFT

- 1-2 Step left toe side, drop left heel (snap fingers)
- 3-4 Cross right toe over left, drop right heel (snap fingers)
- 5-6 Step left toe side, drop left heel (snap fingers)
- 7-8 Cross right toe over left, drop right heel (snap fingers)

HEEL JACKS, STEP TOUCH

- &9 Step left slightly back, touch right heel forward
- &10 Step right together, step left together
- &11 Step right slightly back, touch left heel forward
- &12 Step left together, step right together
- &13 Step left slightly back, touch right heel forward
- 14-15 Step right together, step left slightly forward
- 16 Cross/touch right behind left

SLIDE BACK, ROCK, STEP, STEP, TOE HOOK, STEP BACK, TOUCH FRONT

- 17-18 Hop left back, rock right back
- 19-20 Recover to left, step right forward
- 21-22 Hook left behind right, turn $\frac{1}{4}$ right (weight to right)
- 23-24 Step left back, touch right forward

$\frac{1}{2}$ TOE SWEEP TURN, HIP PUSHES (OR SHIMMIES) RIGHT AND LEFT

- 25-28 Turn $\frac{1}{2}$ right over 3 counts (sweep right toe), clap
- 29-30 Step right side and hip forward, hip forward (or 2 counts of shimmy) (bend knees)
- 31-32 Slide/touch left together and hip forward, hip forward (or 2 counts of shimmy)
- 33-34 Step left side and hip forward, hip forward (or 2 counts of shimmy) (bend knees)
- 35-36 Slide/touch right together and hip forward, hip forward (or 2 counts of shimmy)

CROSS BACK, $\frac{1}{2}$ TURN, STOMP, STOMP

- 37-38 Cross/touch right behind left, unwind $\frac{1}{2}$ right (weight to right)
- 39-40 Stomp left together, stomp right together