

SAFE IN MY ARMS

SONG

My Arms by Nashville Cast, Itunes

DESCRIPTION: 64 count, 4 wall, Intermediate line dance, 1 restart, Rotates CW

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BEATS

STEP DESCRIPTION

Starts on vocals after count 32.

SIDE, TOG, SHUFFLE FWD, ROCK FWD, BACK, 1/4 TURN STRUT

1,2,3&4 Step L to side, step R next L, shuffle fwd L,R,L,
5,6,7,8, rock Fwd R, take wt L, $\frac{1}{4}$ turn right R toe/heel strut fwd (3.00)

1/2 TURN STRUT BACK, ROCK BACK, FWD, 1/2 TURN STRUT BACK, 1/4 TURN STRUT,

1,2,3,4, $\frac{1}{2}$ turn right L toe/heel strut, rock back R, fwd L, (9.00)
5,6,7,8, $\frac{1}{2}$ turn left R toe/heel strut, $\frac{1}{4}$ turn left L toe/strut (12.00)

ROCK FWD, BACK, STEP SIDE, HOLD, & STEP NEXT L, STEP SIDE, SCUFF, ROCK

1,2,3,4, rock R over L, take wt L, step R to side, HOLD
&5,6,7,8, & step L next R, step R to side, scuff L fwd, rock fwd L, take wt R, (12.00)

& $\frac{1}{4}$ TURN, ROCK FWD, BACK, ROCK BACK, FWD, $1\frac{3}{4}$ TURN

&1,2,3,4 & $\frac{1}{4}$ turn left step L, rock fwd R, back L, rock back R, fwd L, (9.00)
5,6,7,8, traveling fwd stepping R, L, R, L, complete $1\frac{3}{4}$ turn left (12.00)
(alternate step. Shuffle fwd R.L.R. $\frac{1}{4}$ turn right step L to Side, drag R to L.)

SIDE, TOG, $\frac{1}{4}$ SHUFFLE, PIVOT $\frac{3}{4}$ TURN, SIDE SHUFFLE,

1,2,3&4, step R to side, step L next R, $\frac{1}{4}$ turn right shuffle R, L, R, (3.00)
5,6,7&8, step fwd L, $\frac{3}{4}$ pivot turn right wt, R, side shuffle L, R, L, (12.00)

SIDE, BEHIND, $\frac{1}{4}$ STEP, $\frac{1}{2}$ PIVOT, HOOK, SHUFFLE, STEP, TOUCH,

1,2,3, step R behind L, 1/4 turn left step L, step R fwd, (9.00)
4, $\frac{1}{2}$ pivot turn left hook L in front of R shin. (3.00)
5&6,7,8 shuffle fwd L, R, L, step fwd R, tap L behind R, *** restart wall 2.

BIG STEP SIDE, DRAG, BIG STEP SIDE, DRAG, FULL TURN, CHA CHA

1,2,3,4, big step side left on L, drag R to L, big step side right on R, drag L to R,
5,6,7&8 full turn left stepping L, R, cha cha on the spot L, R, L,

BIG STEP BACH, DRAG, BIG STEP BACK, FULL TURN, CHA CHA

1,2,3,4, big step back R 45 deg angel, drag L to L, big step back L 45deg angel, drag R to it,
5,6,7&8, full turn right stepping R, L, cha cha on the spot R, L, R,

64.

START AGAIN

*** Restart wall 2 dance to count 48, touch L next R

Finish. Wall 6 dance to count 46, add $\frac{1}{2}$ pivot turn left, step R,L, tog,, to front