



Approved by:

Marie Sorensen

Hold Me In Your Arms

2 WALL – 32 COUNTS – ABSOLUTE BEGINNER			
STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Forward Shuffle, Forward Rock, Back Shuffle, Back Rock		
1 & 2	Step right forward. Close left beside right. Step right forward.	Right Shuffle	Forward
3 – 4	Rock forward on left. Recover onto right.	Forward Rock	On the spot
5 & 6	Step left back. Close right beside left. Step left back.	Back Shuffle	Back
7 – 8	Rock back on right. Recover onto left.	Back Rock	On the spot
Section 2	Forward Shuffle, Step, 1/2 Turn, Forward Shuffle, Walk, Walk		
1 & 2	Step right forward. Close left beside right. Step right forward.	Right Shuffle	Forward
3 – 4	Step left forward. Pivot 1/2 turn right (weight onto right).	Step Pivot	Turning right
5 & 6	Step left forward. Close right beside left. Step left forward.	Left Shuffle	Forward
7 – 8	Walk forward right. Walk forward left.	Walk Walk	
Section 3	Forward Rock, Coaster Step, Forward Rock, Coaster Step		
1 – 2	Rock forward on right. Recover onto left.	Forward Rock	On the spot
3 & 4	Step right back. Step left beside right. Step right forward.	Coaster Step	
5 – 6	Rock forward on left. Recover onto right.	Forward Rock	
7 & 8	Step left back. Step right beside left. Step left forward.	Coaster Step	
Section 4	Side Rock, Behind Side Cross, Side Rock, Behind Side Cross		
1 – 2	Rock right to right side. Recover onto left.	Right Rock	On the spot
3 & 4	Cross right behind left. Step left to left side. Cross right over left.	Behind Side Cross	Left
5 – 6	Rock left to left side. Recover onto right.	Left Rock	On the spot
7 & 8	Cross left behind right. Step right to right side. Cross left over right.	Behind Side Cross	Right

Choreographed by: Marie Sorensen (DK) March 2010

Choreographed to: 'Hold Me In Your Arms' by Brad Paisley (126 bpm) from CD Mud On The Tires;
also available as download from amazon.co.uk or iTunes (32 count intro)