

WRAP YOUR ARMS AROUND ME

Music: Anny Schilder
music.apple.com/nl/album/you-are-my-hero/328934340
Track # 9 Time 3:58 Cut from 2:30 to 3:02 to Time 3:26
Then Slow down w/ -5 % to Time 3:37
Available from choreographer

Rhythm: Rumba Phase:V+1U (Cont Chase w/ Underarm Pass & Peeks)
Footwork: Opposite except where (Noted)
Release date: Oct 21
Choreo: Jos DierickxBeverlosestwg 14b2 3583 Paal Belgium
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Sequence: INTRO ABC AC INTRO(5-10) END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 4 MEASURES ; ; ; ;

{Wait} BFLY POS WALL Id ft free wt 4 meas ; ; ; ;

05-08 BASIC HALF to LOW BFLY ; DBL HANDHOLD UNDERARM TURN to STACKED HANDS ; OP BREAK to FACE ; CHANGE SIDES/W UNDERARM ; ;

{Basic ½ to Low BFLY} Fwd L, rec R, cl L (*W bk R, rec L, sd R*) to LOW BFLY, -; {Dbl Handhold Underarm Trn to Stacked Hnds} [Raisg Id arm high & bringing trl arm up to rt shldr level] XRib & taking lft arm first over W's head, rec L taking rt arm over W's head, sd R (*W XLif trng RF under Id arm, rec R contg to trn under trl arm to fc M, sd L*) [to stacked hnds lft over rt hnds], -; {OP Break to Fc} With stacked hnds Apt L, rec R, fwd L to fcg W's rt sd, -; {Change Sides /W Underarm} Fwd R to WALL twd W's rt sd trng RF lead W trn under stacked hnds, small fwd L cont RF trn to fc, sd R (*W fwd L to COH twd M's rt sd trng LF under stacked hnds chg sds, cl R cont LF trn to fc, sd R*) to BFLY COH, -;

09-10 CHASE w/ UNDERARM PASS ; ;

{Chase / W Underarm Pass} [relsg trl hnds] Fwd L trng RF ½ keepg Id hnds jnd w/ palm upwards, rec R, small fwd L (*W bk R, rec L, fwd R twd M's lft sd*), -; Bk R raisg Id hnds, rec L, sd R (*W fwd L, fwd R trng ½ LF undr jnd Id hnds to fc ptr, sd L*) to BFLY WALL, -;

PART A

01-04 ALEMANA INTO LARIAT 3/M SWIVEL to FACE ; ; ; to LOD SIDE WALK 3 :

{Alemana Into a Lariat 3/ M Swivel to Fc} Fwd L, rec R, cl L (*W bk R, rec L, fwd & sd R to lft sd of M*), -; Bk R, rec L, sd R (*W fwd XLif t rn RF, fwd R cont t rn, sd L to rt sd M*), -; Rk sd L, rec R, sd L trng ½ LF on last stp to fcg W and COH (*W circ CW arnd M passing rt shldrs stepping fwd R, L, w/ jnd Id hnds passing ovr M's hd to fc LOD then swvl ¼ RF on R to fc M*) to Low Bfly COH, -; {To LOD Sd Walk 3} Sd R, cl L, sd R, -;

05-08 NEW YORKER ; WHIP to WALL ; REVERSE UNDERARM TURN ; THRU FRONT VINE 4 to ½ OP LOD ;

{New Yorker} XLif (*WXRif*) to OP LOD, rec R to BFLY COH, sd L, -; {Whip to WALL} Bk R trng ¼ LF, rec L trng ¼ LF, sd R (*W fwd L long step ifo M, trng LF fwd & sd R, sd L to fc M*) to BFLY WALL, -; {Reverse Underarm Trn} Raisg jnd Id hnds XLif, rec R, sd L (*W XRif undr jnd Id hnds trng LF ½, rec L contg LF trn to fc ptr, sd R*) to BFLY WALL, -; {Thru Front Vine 4 to ½ OP LOD} [QQQQ] Thru R (*W thru L*), sd L, XRib (*W XLib*), sd L to ½ OP LOD ;

09-12 OP IN & OUT RUNS ; ; SPOT TURN ; SLOW HIP ROCK TWO ;

{OP In & Out Runs} Fwd R begin RF trn, sd & fwd L Xg ifo W cont trn, sd & fwd R to ½ LOP LOD w/ free arms out to sd (*W fwd L, R, L*), -; Fwd L, R, L (*W fwd R begin RF trn, sd & fwd L Xg ifo M cont trn, fwd & sd R*) to ½ OP DLC w/ Id arms xtnd to sd, -; {Spot Trn} Relg hnds XRif (*W XLif*) trng LF, rec L compg full trn, sd R to Low Bfly WALL, -; {Slow Hip Rk 2} [SS] Rk sd L, -, rk sd R, -;

13-16 FENCE LINE w/ ARMSWEEP ; THRU SERPIENTE ; ; FENCE LINE w/ ARMSWEEP ;

{Fence Line w/ Armsweep} XLif (*W XRif*) w/ bent knee Id arm circle CW (*W circle CCW*) ifo body, rec R, sd L, -; {Thru Serpiente} [QQQQ;QQQQ] Thru R, sd L, XRib, flare L CCW (*W thru L, sd R, XLib, flare R CW*) ; XLib, sd R, thru L, flare R CCW (*W XRib, sd L, thru R, flare L CW*) ; {Fence Line w/ Armsweep} XRif (*W XLif*) w/ bent knee trl arm circle CCW (*W CW*) ifo body, rec L, sd R to BFLY WALL, -;

PART B

01-04 ALEMANA INTO TAMARA ; ; WHEEL 6 /W UNWRAP to FC :

{Alemana to Tamara} [Keepg both hnds jnd] Fwd L, rec R, cl L, -; XRib, rec L, cl R (W [Keepg both hnds jnd] XLif under raised ld hnds begin full RF trn, fwd R contg RF trn to fc ptr, sd L compg trn) to TAMARA POS WALL, -; **{Wheel 6/W Unwrap to Fc}** Wheelg RF fwd L, R, L (W fwd R, L, R) to TAMARA pos COH, -; Cont wheelg R, L, R (W unwraps LF undr both hnds L, R, L) to BFLY WALL, -;

05-08 AIDA to RLOD ; HIP ROCK 3 & SWIVEL to FACE ; SPOT TURN TWICE ; ;

{Aida to RLOD} Xg ld hnds ovr trl hnds to RLOD thru L, sd R trng LF, bk L contg LF trn to "V" bk to bk pos, -; **{Rock 3 & Swivel to Fc}** [QQQQ] Rk fwd R, rec L, fwd R, swiv RF to fcg ptr & WALL ; **{Spot Turn x 2}** Relg hnds XLif (W XRif) trng RF, rec R compg full trn, sd L to BFLY, -; Repeat meas 12 Part A ;

09-12 DBL HAND OP BREAK/W WRAP to LOD ; FORWARD WALK 3 to FACE ; SHOULDER to SHOULDER TWICE ; ;

{OP Break/W Wrap to LOD} Rk Bk L, rec R & Lift lft hnd prep to lead W to trn under raised ld hnds, small sd L swiv ¼ RF (W rk bk R, fwd L comm LF trn under raised ld hnds to wall, fwd R cont LF R to LOD) to Wrap Pos LOD, -; **{Fwd Walk 3 to Fc}** In Wrap Pos Fwd R, L, R swiv ¼ RF to fc ptr (W fwd L, R, L swiv ¼ LF to fc ptr), -; **{Shoulder to Shldr x 2}** Fwd L to SCAR, rec R to fc, sd L, -; Fwd R to BJO, rec L to fc, sd R to BFLY WALL, -;

13-16 OP HIP TWIST INTO FAN ; ; ALEMANA to BFLY WALL ; ;

{OP Hip Twist to a Fan} Fwd L, rec R, cl L (W bk R, rec L, fwd R w/ tention to ld arm to swiv ¼ RF) end L-Shape M fc Wall W fc LOD, -; Bk R, rec L, sd R (W fwd L, trng ½ LF sd R, bk L) to fan pos, -; **{Alemana to Bfly Wall}** Fwd L, rec R, cl L (W bk R, fwd L, fwd R swivg to lft sd of M), -; Raisg jnd ld hnds sm sd & bk R, rec L, fwd & sd R (W trng RF undr jnd ld hnds fwd L, fwd R cont RF trn, fwd & sd L to fc ptr) to BFLY WALL, -;

PART C

01-04 BASIC HALF INTO FULL NATURAL TOP ; ; ; ;

{Basic ½ Into a Full Natural Top} Fwd L, cl R to CP, sd L trng¼ RF (W bk R, rec L, fwd R btw M's ft trng ¼ RF) to CP RLOD, -; Cont RF trn XRib, compg ¾ RF trn sd L, XRib (W sd L, XRif btw M's ft, sd L) to CP WALL, -; Cont RF trn sd L, XRib, cont RF trn sd L (W XRif, cont RF trn sd L, XRif), -; XLib, cont RF trn sd R, cls L (W cont RF trn sd L, XRif, clL) end to CP WALL, -;

05-08 CUDDLE /W SPIRAL SEND HER to FAN ; ; HOCKEY STICK ; ;

{Cuddle /W Spiral } Sd & slightly fwd L shapg twd ptr, rec R, cl L raisg jnd ld hnds (W trn RF ½ bk R, trn ¼ RF to LOD, fwd R, spiral 7/8 LF under jnd ld hnds), -; **{Send Her to a Fan}** XRif, cl L, sd R (W fwd L, fwd R wt ½ trng LF fc RLOD, bk L), -; **{Hockey Stick}** Fwd L, rec R, cl L (W cl R, fwd L, fwd R), -; Sm bk R, rec L, long fwd R (W fwd L, fwd R trng sharply 5/8 LF undr jnd ld hnds, bk L) to LOP-FCG DRW, -;

09-16 CONTINUOUS CHASE w/ UNDERARM PASS & W PEEKS ; ; ; ; CONTINUE ; ; ; W SWIVEL to FACE ;

{Continuous Chase w/ Underarm Pass & W Peeks} Fwd L trng ½ RF keepg ld hnds jnd low bhnd M, rec R, fwd L (W bk R, rec L, fwd R twds M's lft sd), -; Bk R raisg jnd ld hnds, rec L, sd R (W fwd L, fwd R trng ½ LF under jnd ld hnds, fwd & sd L contg to trn ½ LF) to TAND COH [w/ ld hnds still jnd above the head W], -; **{Peek-a-Boo x 2}** Sd L, rec R, cl L (W sd R lookg ovr lft shldr, rec L, cl R), -; Sd R, rec L, cl R (W sd L lookg ovr rt shldr, rec R, cl L), -; **{Continue}** Fwd L trng ½ RF keepg ld hnds jnd bhnd M, rec R, fwd L (W fwd R trng ½ LF , fwd L, fwd R twds M's lft sd), -; Repeat meas 2,3 Part C ; ; ; **{W Swivel to Fc}** Sd R, rec L, cl R (W sd L lookg ovr rt shldr, rec R trng ½ RF, cl L) to CP WALL, -;

ENDING

01-03 ALEMANA /W OVERTURNED in 4 to SHADOW ; ; RIGHT LUNGE & EXTEND ARMS ;

{Alemana / W Overturned in 4 to Shadow} Fwd L, rec R, cl L (W bk R, rec L, fwd & sd R to lft sd of M), -; Bk R, rec L, sd R (W [QQQQ] fwd XLif trn RF, fwd R cont trn, sd L cont trn to Shadow WALL, cl R), -; **{Right Lunge & Extend Arms}[S]** Lowerg on R, sd L bent knew/ no weight xtnd both arms to side, -;

If you use the full music TIME 3:58, insert part B between the second A & C