

# Unarmed

**Count:** 64

**Wall:** 4

**Level:** Intermediate/Advanced

**Choreographer:** Jan Wyllie (AUS)

**Music:** These Arms - Dwight Yoakam



- 1-2 Rock/step right to right side, rock weight to left  
3&4 Making ¼ turn right step right back behind left, step left beside right, step forward on right  
5&6 Shuffle forward left-right-left  
7-8 Rock/step forward on right, rock back on left
- 9&10 Making ¼ turn to right shuffle to the side right-left-right  
11&12 Shuffle forward left-right-left  
13-14 Rock/step forward on right, rock back on left  
15&16 Step back on right, making ¼ turn left step left to left side, step right across in front of left
- 17-18 Rock/step left to left side, rock weight to right  
19 Stamp left beside right  
&20 Step small step back on right, step forward on left (keep weight evenly distributed)  
21 Transferring weight to left - bend right knee so leg is behind with toes pointing down  
& Pivot ¼ turn left on left  
22 Stamp right beside left (keep weight on left)  
23 Bend right knee so leg is behind with toes pointing to ground  
& Pivot ¼ turn left on left  
24 Stamp right beside left (weight on right)
- 25 Rock/step left forward at 45 degrees left swaying left hip forward  
26 Rock/step right back at 45 degrees right swaying right hip backwards  
27-28 Repeat hip sways left and right  
29 Rock/step left back at 45 degrees left swaying left hip backwards  
30 Rock/step right forward at 45 degrees right swaying right hip forward  
31&32 Forward coaster step - step left forward, step right beside left, step back on left  
33-36 Toe strut backwards on right, making ½ turn left heel strut forward on left  
37-38 Rock forward on right, rock back on left  
39&40 Coaster cross - step back on right, step left beside right, step right across in front to left  
41-44 Rock/step left to left side, rock sideways onto right, stamp left beside right, hold  
45-46 Rock/step right to right side, rock sideways onto left  
47&48 Step right behind left, step left to left side, step right across in front of left
- 49-50 Step left to left side, pivot ¼ turn right transferring weight to right  
51-52 Step forward on left, hold  
53&54 Making ½ turn left shuffle right-left-right  
55&56 Making ½ turn left shuffle left-right-left
- 57-58 Rock/step forward on right, rock back on left  
59&60 Making ¼ turn right shuffle to right side right-left-right  
61 Kick left across in front of right  
&62 Step left to left side, touch right beside left  
&63 Step right to right side, touch left beside right  
&64 Step left to left side, touch right beside left

**REPEAT**

