

NOCH EINMAL IN MEINE ARME [In My Arms Again]

Music: Hansi Hinterseer
<https://music.apple.com/fr/album/f%C3%BCr-mich-ist-gl%C3%BCck/1278914155>
Cd: Für Mich Ist Glück Track # 2 Time 3:33 Slow down w/ -3%
Shortened from 3.16,7 to 3.25,2 to Time 3:31 Available from choreographer

Rhythm: Rumba **Phase:** V+1 (Cont Nat Top) + 1U (Tummy Check)

Footwork: Opposite except where (Noted)

Release Date: April 24

Choreo: Jos Dierickx Beverlosestwg 14b2 3580 Paal Belgium

Email: jos.dierickx@telenet.be

Sequence: INTRO AB AB C B B(13-15) END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; OP HIP TWIST to FAN ; ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {OP Hip Twist to 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, -;

05-08 EXIT FAN to TANDEM WALL ; OPPOSITE CUCARACHA TWICE ; ; W ROLL OUT to WALL ;

{Exit Fan to Tandem Wall} Fwd L, rec R, cl L raisg ld hnds (W cl R, fwd L trng ¼ LF to Wall, fwd R) to Tandem WALL [ld hnds still over W's head], -; {Opp Cucaracha x 2} Sd R, rec L, cl R (W sd L lookg ovr rt shldr, rec R, cl L), -; Sd L, rec R, cl L (W sd R lookg ovr lft shldr, rec L, cl R), -; {W Roll Out to WALL} Bk R, rec L, fwd R (W fwd L, fwd R trng ½ LF, cl L) to BFLY WALL, -;

PART A

01-04 ALEMANA & CLOSE UP ; ; SCALLOP ; ;

{Alemana & Close up} 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 hnds fwd L, fwd R cont RF trn, fwd & sd L to fc ptr) to CP WALL, -; {Scallop} Trng sharply to SCP LOD XLib (W XRib), rec R trng sharply to CP, sd L, -; Thru R trng sharply to SCP LOD, sd L trng sharply to CP, cl R to Cuddle Pos WALL, -;

05-08 CUDDLE/W SPIRAL ; SEND W to FAN ; HOCKEY STICK & rt Hndshk ; ;

{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 LF ¼ to LOD, fwd R, spiral 7/8 LF under jnd ld hnds), -; {Send W to a Fan} XRif, cl L, sd R (W fwd L, fwd R w/ 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 rt Hndshk DRW, -;

09-12 TRADE PLACES TWICE ; ; TRADE PLACES/W SPIRAL ; W OUT TO FACE ;

{Trade Places x 2} [rthndshk] Rk apt L, rec R trng ¼ RF to fc RLOD beh W then rel jnd rt hnds, cont to trn RF to fc ptr & COH stepping sd & bk L (W rk apt R, rec L trng ¼ LF to fc RLOD ifo M then rel jnd rt hnds, cont LF trn to fc ptr & WALL stepping sd & bk R) jng lft hnds, -; [With lft hnds jnd] Rk apt R, rec L trng ¼ LF to fc RLOD beh W then rel jnd lft hnds, cont to trn LF to fc ptr & WALL stepping sd & bk R (W rk apt L, rec R trng ¼ RF to fc RLOD ifo M then rel jnd lft hnds, cont RF trn to fc ptr & COH stepping sd & bk L) rejng rt hnds, -; {Trade Places/W Spiral} Rk apt L, rec R comm to pass rt shldrs while trng ¼ LF & keepg rt hnds jnd, cont to trn LF sd L twd COH (W apt R, rec L, fwd R, spiralg 7/8 LF undr rt hnds), -; {W Out to Fc} [relsg hnds] Trng bdy RF to fc COH stp fwd twd COH R, L, R (W fwd COH L, fwd R trng ½ LF to fc WALL, sd & bk L) to BFLY COH, -;

13-16 START CROSS BODY to TUMMY CHECK & BACK w/ rt Hndshk ; ; FINISH CROSS BODY ;

{Start X-Body to Tummy Chk & Bk w/ rt Hndshk} Fwd L, rec R trng ¼ LF to RLOD, sd L (W bk R, rec L, fwd R), -; (Stop the W/ ld hnd) Lunge sd R, rec L, cl R (W [both arms fwd] fwd L, rec R, cl L), -; [rt hndshk] Lunge sd L, rec R, cl L (W bk R, rec L, cl R), -; {Finish X-Body} Bk R, rec L trng ¼ LF to fc ptr, sd R (W fwd L comm LF trn, fwd & sd R cont LF trn to COH, sd & bk L) to BFLY WALL, -;

PART B

01-04 OP BREAK INTO CONTINUOUS NATURAL TOP ; ; ; ;

{OP Break Into Continuous Natual Top} Apt L, rec R, fwd L ¼ RF trn to CP fc RLOD, -; XRib, sd L trng RF, XRib (W sd L, XRif, sd L), -; Contg RF trn Sd L leadg W to spiral LF under ld hnds, XRib, sd L (W fwd R spiral LF, sd L, XRif) to CP, -; XRib, sd L trng RF lead W to spiral LF under ld hnds, sd R (W sd L, fwd R spiral LF, sd L) to CP WALL, -;

05-08 CLOSED HIP TWIST TO AIDA ; ; ROCK 3 & SWIVEL to FACE ; SPOT TURN ;

{Closed Hip Twist to Aida} Rk sd & slightly fwd L, rec R, cl L (*W [QQQQ] trng RF ½ bk R, rec L trng LF ½, sd R small step, swiv ¼ RF tch L*), -; Thru R, sd L trng RF, bk R cont RF (*W fwd L, fwd R trng LF, bk L cont LF*) trn to V-bk-to-bk pos RLOD, -; **{Rock 3 & Swiv to Fc}** [QQQQ] Rk fwd L, rec R, fwd L, swiv RF to fcg ptr & WALL ; **{Spot Trn}** [Relsg both hnds] XRif (*W XLif*) trng LF, rec L compg full trn, sd R to BFLY, -;

09-12 BASIC HALF ; DBL HNDHOLD 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 Hndhld Underarm Trn to Stacked Hnds}** [Raisg ld arm high & bringing trl arm up to rt shldr level] XRib & tagk lft arm first over W's head, rec L tagk rt arm over W's head, sd R (*W XLif trng RF under ld 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, -;

13-16 CHASE /W UNDERARM PASS ; ; FENCE LINE w/ ARMSWEEP TWICE ; ;

{Chase / W Underarm Pass} [relsg trl hnds] Fwd L trng RF ½ keepg ld 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 ld hnds, rec L, sd R (*W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L*) to BFLY WALL, -; **{Fence Line w/ Armsweep x 2}** XLif (*W XRif*) w/ bent knee ld rm circle CW (*W CCW*) ifo body, rec R, sd L, -; XRif (*W XLif*) w/ bent knee trl arm circle CCW (*W CW*) ifo body, rec L, sd R to BFLY WALL, -;

PART C

01-04 OP HIP TWIST INTO FACING FAN to LOD ; ; NEW YORKER to WALL/W WRAP to LOD ; OPPOSITE CUCARACHA ;

{OP Hip Twist to Fcg Fan LOD} Chk fwd L, rec R, cl L (*W bk R, fwd L, fwd L, pushg off M's ld hnd swvl ¼ RF*), -; Bk R, rec L trng ¼ LF to LOD, fwd R (*W fwd L, trng LF sd R, cont LF trn bk L to RLOD*), -; **{New Yorker to WALL/W Wrap Fcg LOD}** Swiv RF on R rk fwd L to LOP Wall, rec R jng trlg hnds low, raisg ld hnds high to lead W to trn LF small sd L and lower ld hnds (*W swiv LF on L fwd R to LOP Wall, bk R comm RF trn under jnd ld hnds, small fwd R cont trng ½ RF under jnd ld hnds*) to WRAP POS Fcg LOD, -; **{Opp Cucaracha}** Rk sd R twd WALL (*W rk sd L twd COH*), rec L, cl R, -;

05-08 OPPOSITE CUCARACHA /W ROLL to LOP LOD ; KIKI WALK 3 ; NEW YORKER to FACE ; WHIP to WALL ;

{Opp Cucaracha/W Roll to LOP LOD} Rk sd L COH, rec R, cl L (*W rk sd R WALL rec L comm LF roll twd COH, fwd R cont LF roll leavg ld hnds jnd*) to end in LOP both fcg LOD, -; **{Kiki Walk 3}** [Placg each ft ifo the other w/ a swiv] Fwd R, L, R, -; **{New Yorker to Fc}** Check thru L, rec R swiv to fc ptr & COH, cl L to BFLY COH, -; **{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, -;

ENDING

01 WHIP INTO RIGHT LUNGE & EXTEND ARMS :

{Whip Into Right Lunge & Extend Arms} Bk R trng ¼ LF, rec L trng ¼ LF, sd R flex R knee slide L sd & bk relsg trl hnds (*W fwd L long step ifo M, trng LF fwd & sd R, sd L to fc M flex L knee slide R sd & bk*) raise trl hnd up & ld hnds to sd ;