

IF YOU'RE EVER IN MY ARMS

DANCE BY NANCY & DEWAYNE BALDWIN

APR- OCT 604 MAPLE ST P. O. BOX 516 SWEETSER, IN 46987 765-384-7270

NOV- MAR 1048 N ALAMO RD # 348 ALAMO, TX 78516 956-781-5459

E-MAIL [weq4u@aol.com](mailto:weq4u@aol.com)

AVAILABLE THRU PALOMINO RECORDS

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ARTIST RICKY VAN SHELTON

FOOT WORK DIRECTIONS FOR MAN EXCEPT WHERE NOTED SPEED:48

RHYTHM SLOW TWO STEP PH IV + 2 [TRPL TRAVELER & CHN SWAY]

SEQUENCE A B A B [1-12] END

DATE 11-07

INTRO

1-2 CP/WL;;

Loose CP/WL Wait;;

PART A

1-4 UNDERARM TRN; P/UP RUN TWO; TRAV X CHASSES;;

Sd L,-, XRIB, rec L; Trn & fwd R,-, fwd L, fwd R; FC/LOD hds low

Fwd L trn,-, sd R, XLIF; Fwd R trn,-, sd L, XRIF;

5-8 TRAV X CHASSES;; 2 SD BASICS;;

Fwd L trn,-, sd R, XLIF; Fwd R trn,-, sd L, XRIF CP/WL; Sd L,-, XRIB, rec L;

Sd R,-, XLIB, rec R;

9-12 R TRN W/OUTSD ROLL; BAS ENDING; R TRN W/OUTSD ROLL; BAS ENDING;

Sd & bk L,-, sd & bk R, XLIF; Sd R,-, XLIB, rec R; Sd & bk L,-, sd & bk R, XLIF;

Sd R,-, XLIB, rec R;

13-16 2 SD BASICS;; 2 LUNGE BASICS;;

REPEAT 7-8 PART A;; BFLY Sd L,-, rec R, XLIF; Sd R,-, rec L, XRIF;

PART B

1-4 TRIPLE TRAVELER;;; BASIC END;

Fwd L,-, fwd R, fwd L; Fwd R sprl,-, fwd L, fwd R; Fwd L,-, sd R, XLIF;

Sd R,-, XLIB, rec R;

5-8 UNDERARM TRN; LARIAT;; BASIC END;

Sd L,-, XRIB, rec L; IN PLC Stp R,-, stp L, stp R; IN PLC Stp L,-, stp R, stp L;

REPEAT 4 PART B;

9-12 TRIPLE TRAVELER;;; BASIC END;

REPEAT 1-4 PART B;;;;

13-16 2 OPN BASICS;; 2 SD BASICS;;

Sd L,-, XRIB, rec L; Sd R,-, XLIB, rec R; Sd L,-, XRIB, rec L; Sd R,-, XLIB, rec R;

END

1-4 2 SD BASICS;; PROM SWAY; CHN OF SWAY;

REPEAT 7-8 PART A;; Sd & fwd L (SCP),-, relax knee,-;

Change stretch of body,-, Rotating upper body,-;