

# Open Arms

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**Music:** "Open Arms" by Dancelife Studio Orchestra, available from Amazon  
<https://www.youtube.com/watch?v=JF-V-XWBgtQ>

**Rhythm & Phase:** Waltz, Phase III + 1 (Chair & Slip)

**Footwork:** Opposite (*except where noted*)

**Sequence:** Introduction, A, B, C, A, B, C (modified), Ending

**Tempo:** As Downloaded, Play Time: 3:07

**Released:** September 2021 **Revised:** February 2023

## Introduction

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**1 – 4** Wait CP DLW ; Dip Back & Hold ;

### Part A

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**1 – 4** Maneuver ; Spin Turn ; Box Finish ; One Left Turn ;

123 1 {**Maneuver**} Fwd R comm RF trn, sd & slightly bk L cont RF trn, cl R to L in CP RLOD ;  
123 2 {**Spin Turn**} Bk L pivot ½ RF, fwd R w/hover action cont RF trn, bk L (*W fwd R pivot ½ RF, bk L cont RF trn brush R to L, fwd R*) to CP DLW ;  
123 3 {**Box Finish**} Bk R comm LF trn, sd L, cl R to L to CP DLC ;  
123 4 {**One Left Turn**} Fwd L comm LF trn, sd & slightly bk R cont LF trn, cl L to R ;

**5 – 8** Back Chasse BJO ; Maneuver ; Two Right Turns ; ;

12&3 5 {**Back Chasse BJO**} Bk R comm LF trn, sd & slightly fwd L/cl R to L, sd & slightly fwd L to BJO DLW ;  
123 6 {**Maneuver**} Fwd R comm RF trn, sd & slightly bk L cont RF trn, cl R to L in CP RLOD ;  
123 123 7 – 8 {**Two Right Turns**} Bk L comm RF trn, sd & slightly bk R cont RF trn, cl L to R ; Fwd R comm RF trn, sd & slightly fwd L cont RF trn to fc wall, cl R to L ;

**9 – 12** Whisk ; Thru Chasse BJO ; Forward Face Close, BFLY ; Twisty Vine ;

123 9 {**Whisk**} Fwd L, sd & slightly fwd R, XLIB w/RF upper body trn to SCP DLC ;  
12&3 10 {**Thru Chasse BJO**} Thru R, fwd L/cl R, fwd L to BJO DLW ;  
123 11 {**Forward Face Close, BFLY**} Fwd R LOD, sd L to fc ptr, cl R to BFLY wall ;  
123 12 {**Twisty Vine**} Sd L, XRIB (*W XLIF*), sd L blending to BJO ;

**13 – 18** Maneuver ; Two Right Turns ; ; Hover ; Thru Face Close, BFLY ; Canter ;

123 13 {**Maneuver**} Fwd R comm RF trn, sd & slightly bk L cont RF trn, cl R to L in CP RLOD ;  
123 123 14 – 15 {**Two Right Turns**} Bk L comm RF trn, sd & slightly bk R cont RF trn, cl L to R ; Fwd R comm RF trn, sd & slightly fwd L cont RF trn to fc wall, cl R to L ;  
123 16 {**Hover**} Fwd L, -, fwd R & slightly sd w/rise, sd & slightly fwd L to SCP LOD ;  
123 17 {**Thru Face Close, BFLY**} Thru R LOD, sd L to fc ptr, cl R to BFLY wall ;  
1-3 18 {**Canter**} Sd L, -, cl R ;

### Part B

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**1 – 4** Solo Turn 6 ; ; Twisty Balance Left & Right ; ;

123 123 1 – 2 {**Solo Turn Six to BFLY Wall**} Fwd L trng ½ LF (*W RF*) to fc RLOD, bk R, cl L ; Bk R trng ¼ LF (*W RF*) to fc wall, sd L, cl R ;  
123 3 {**Twisty Balance Left**} Sd L, XRIB (*W XLIF*), rcvr L ;  
123 4 {**Twisty Balance Right**} Sd R, XLIB (*W XRIF*), rcvr R ;

**5 – 8 Twirl Vine ; Maneuver ; Two Right Turns ; ;**

- 123 5 {**Twirl Vine**} Sd L, XRIB, sd L blending to BJO (*W fwd R LOD comm RF trn under joined ld hands, fwd L cont RF trn, sd R LOD*) ;
- 123 6 {**Maneuver**} Fwd R comm RF trn, sd & slightly bk L cont RF trn, cl R to L in CP RLOD ;
- 123 123 7 – 8 {**Two Right Turns**} Bk L comm RF trn, sd & slightly bk R cont RF trn, cl L to R ; Fwd R comm RF trn, sd & slightly fwd L cont RF trn to fc wall, cl R to L ;

**9 – 12 Hover ; Thru Chasse Semi ; Chair & Slip ; One Left Turn ;**

- 123 9 {**Hover**} Fwd L, -, fwd R & slightly sd w/rise, sd & slightly fwd L to SCP LOD ;
- 12&3 10 {**Thru Chasse Semi**} Thru R, fwd L/cl R, fwd L to SCP LOD ;
- 123 11 {**Chair & Slip**} Lunge thru R w/flexed knee, rec L rising comm LF trn, bk R small step under body to CP (*W lunge thru L, rec R trng LF and rising, fwd L slpng to CP*) ;
- 123 12 {**One Left Turn**} Fwd L comm LF trn, sd & slightly bk R cont LF trn, cl L to R ;

**13 – 16 Back Chasse BJO ; Maneuver ; Spin Overturn ; Box Finish ;**

- 12&3 13 {**Back Chasse BJO**} Bk R comm LF trn, sd & slightly fwd L/cl R to L, sd & slightly fwd L to BJO DLW ;
- 123 14 {**Maneuver**} Fwd R comm RF trn, sd & slightly bk L cont RF trn, cl R to L in CP RLOD ;
- 123 15 {**Spin Overturn**} Bk L pivot ½ RF, fwd R w/hover action cont RF trn, bk L (*W fwd R pivot ½ RF, Bk L cont RF trn brush R to L, fwd R*) to CP DRW ;
- 123 16 {**Box Finish**} Bk R, sd L, cl R to CP Wall ;

**Part C****1 – 4 Sway Left ; Reverse Twirl Vine ; Thru Twinkle ; Thru Face Close, CP ;**

- 1-- 1 {**Sway Left**} Sd L w/ L sd stretch, -, - ;
- 123 2 {**Reverse Twirl Vine**} Sd R, XLIB, sd R blending to BFLY (*W sd L RLOD comm LF trn under joined trl hands, fwd R cont RF trn, sd L RLOD*) ;
- 123 3 {**Thru Twinkle**} Thru L, sd R trng LF (*W RF*) to OP fc LOD, cl L ;
- 123 4 {**Thru Face Close, CP**} Thru R LOD, sd L to fc ptr, cl R to CP wall ;

**5 – 8 Whisk ; Wing ; One Left Turn ; Back Chasse BJO ;**

- 123 5 {**Whisk**} Fwd L, sd & slightly fwd R, XLIB w/RF upper body trn to SCP LOD ;
- 1-- 6 {**Wing**} Fwd R, draw L foot to R [no weight chg] w/slight LF upper body trn, - (*W fwd L comm (123) LF trn, fwd R cont LF trn, fwd L cont LF trn*) to SCAR DLC ;
- 123 7 {**One Left Turn**} Fwd L comm LF trn, sd & slightly bk R cont LF trn, cl L to R ;
- 12&3 8 {**Back Chasse BJO**} Bk R comm LF trn, sd & slightly fwd L/cl R to L, sd & slightly fwd L to BJO DLW ;

**Part A – Repeat**

- 1 – 18 Maneuver ; Spin Turn ; Box Finish ; One Left Turn ; Back Chasse BJO ; Maneuver ; Two Right Turns ; ; Whisk ; Thru Chasse BJO ; Forward Face Close ; Twisty Vine ; Maneuver ; Two Right Turns ; ; Hover ; Thru Face Close, BFLY ; Canter ;**

**Part B – Repeat**

- 1 – 16 Solo Turn 6 ; ; Twisty Balance Left & Right ; ; Twirl Vine ; Maneuver ; Two Right Turns, BFLY ; ; Hover ; Thru Chasse Semi ; Chair & Slip ; One Left Turn ; Back Chasse BJO ; Maneuver ; Spin Overturn ; Box Finish ;**

## Part C (Modified)

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- 1 – 7**     **Sway Left ; Reverse Twirl Vine ; Thru Twinkle ; Thru Face Close ; Whisk ; Wing ; One Left Turn ;**  
           1 – 7     Repeat measures 1 – 7 of Part C
- 8**            **Back Chasse Semi ;**  
 12&3        8            {**Back Chasse Semi**} Bk R comm LF trn, sd & slightly fwd L/cl R to L, sd & slightly fwd L to SCP LOD ;

## Ending

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- 1**            **Chair & Hold ;**  
 1--         1            {**Chair & Hold**} Lunge thru R w/flexed knee, -, - ;

## Suggested Head Cues

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### Intro

- 1 – 2        Wait CP DLW ; Dip Back & Hold ;

### Part A

- 1 – 8        Maneuver ; Spin Turn ; Box Finish ; One Left Turn ; Back Chasse BJO ; Maneuver ; Two Right Turns ; ;  
 9 – 16      Whisk ; Thru Chasse BJO ; Forward Face Close ; Twisty Vine ; Maneuver ; Two Right Turns ; ; Hover ;  
 17 – 18     Thru Face Close, BFLY ; Canter ;

### Part B

- 1 – 8        Solo Turn 6 ; ; Twisty Balance L & R ; ; Twirl Vine ; Maneuver ; Two Right Turns ; ;  
 9 – 12      Hover ; Thru Chasse Semi ; Chair & Slip ; One Left Turn ;  
 13 – 16     Back Chasse BJO ; Maneuver ; Overturned Spin Turn ; Box Finish ;

### Part C

- 1 – 4        Sway Left ; Reverse Twirl Vine ; Thru Twinkle ; Thru Face Close, CP ;  
 5 – 8        Whisk ; Wing ; One Left Turn ; Back Chasse BJO ;

### Part A

- 1 – 8        Maneuver ; Spin Turn ; Box Finish ; One Left Turn ; Back Chasse BJO ; Maneuver ; Two Right Turns ; ;  
 9 – 16      Whisk ; Thru Chasse BJO ; Forward Face Close ; Twisty Vine ; Maneuver ; Two Right Turns ; ; Hover ;  
 17 – 18     Thru Face Close, BFLY ; Canter ;

### Part B

- 1 – 8        Solo Turn 6 ; ; Twisty Balance L & R ; ; Twirl Vine ; Maneuver ; Two Right Turns ; ;  
 9 – 12      Hover ; Thru Chasse Semi ; Chair & Slip ; One Left Turn ;  
 13 – 16     Back Chasse BJO ; Maneuver ; Overturned Spin Turn ; Box Finish ;

### Part C (Modified)

- 1 – 4        Sway Left ; Reverse Twirl Vine ; Thru Twinkle ; Thru Face Close, CP ;  
 5 – 8        Whisk ; Wing ; One Left Turn ; Back Chasse SCP ;

### Ending

- 1            Chair & Hold ;