

# In My Bones

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Corinne DELY (FR) - September 2020

Musik: In My Bones - Ray Dalton



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## Walk R , Walk L , Mambo forward R, Point side L , Back L , Shuffle step R

- 1-2 Walk R , Walk L
- 3&4 Mambo forward R
- 5-6 Point L to L, Back step L
- 7&8 Step forward R , Step together , Step forward R

## Step turn 1/2 R, Triple step R turn 1/2 R, Back step R , Back step L , Coaster step R

- 1-2 Step forward L , 1/2 turn to R , weight on R ( 6:00)
- 3&4 1/4 turn to R Step L , ( 9:00) Cross R over L , 1/4 turn to R à step back L (12:00)
- 5-6 Step back R, Step back L
- 7&8 Step back R, Together , Step forward R

## Step turn 1/4 R , triple Cross L ,Rock side step R , Behind side cross

- 1-2 Step forward L , 1/4 turn to R , weight on R( 3:00)
- 3&4 Cross L over R , side step R ,Cross L over R
- 5-6 Rock step side R ,recover on L
- 7&8 Cross R behind L, step side L , Cross R over L

## Point L , 1/4 turn L , Sailor step L, Skate R, Skate L , Cross, Back , Side

- 1&2 Point L to L, 1/4 turn to R, Point L to L (6:00)
- 3&4 Cross L behind R, Together, Step forward
- 5-6 Skate R, Skate L
- 7&8 Cross R over L, Step back L, R to right side

## Shuffle step L , Hitch R , point back , 1/2 turn R , Flick L , Run X 4 curve

- 1&2 Step forward L, together, Step forward L
- 3-4 Hitch R Point R behind
- 5-6 1/2 turn to R, weight on R , Flick behind on L
- 7&8& Walk L ,Walk R, Walk L ,Walk R on curve to the left (6:00)

## Step forward L , Bounce heel X2, Monterey turn 1/4 R, twist 1/2 turn

- 1-2 Step forward l on diagonal L , together (4:30)
  - 3-4 Bounce heels X 2
  - 5&6& Point R to right side, together with 1/4 turn to R, Point L to left, together (9:00)
  - 7-8 Cross R over L , 1/2turn to L on place (3:00)
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