

AB In My Bones

Count: 48

Wand: 1

Ebene: Ultra Beginner WCS

Choreograf/in: Martine Canonne (FR) & Valérie Ardhuin (FR) - November 2020

Musik: In My Bones (Malik Montana Remix) - Ray Dalton : (2020)



Start : 2 x 8 counts - NO TAG NO RESTART

[1 - 8] OUT-OUT FWD, TRIPLE ON THE SPOT (OR R ANCHOR STEP), OUT-OUT BACK, TRIPLE ON THE SPOT (OR L ANCHOR STEP)

- 1 - 2 Step RF diagonal right fwd, step LF diagonal left fwd
- 3 & 4 Triple step on the spot by returning to center RF-LF-RF (Option difficult : Anchor Step)
- 5 - 6 Step LF diagonal left back, step RF diagonal right back
- 7 & 8 Triple step on the spot by returning to center LF- RF-LF (Option difficult : Anchor Step)

[9 - 16] SWAYS R & L, TRIPLE SIDE R, SWAYS L & R, TRIPLE SIDE L

- 1 - 2 Step RF to right with sway right, sway left
- 3 & 4 Triple side right stepping RF to right side, step LF next to RF, step RF to right side
- 5 - 6 Sway left, sway right
- 7 & 8 Triple side left stepping LF to left side, step RF next to LF, step LF to left side

[17 - 24] WALKS R & L, TRIPLE R FWD, ROCK STEP, TRIPLE ON THE SPOT (OR L ANCHOR STEP)

- 1 - 2 Step RF fwd, step LF fwd
- 3 & 4 Triple step fwd stepping RF fwd, step LF next to RF, step RF fwd
- 5 - 6 Step LF fwd, recover onto RF
- 7 & 8 Triple step on the spot (Option difficult : Anchor Step)

[25 - 32] BACKS R & L, TRIPLE R BACK, ROCK BACK, TRIPLE STEP L

- 1 - 2 Step RF back, step LF back
- 3 & 4 Triple step back stepping RF back, step LF next to RF, step RF back
- 5 - 6 Step LF back, recover RF
- 7 & 8 Triple step fwd stepping LF fwd, step RF next to LF, step LF fwd

[33 - 40] WALS W/FULL TURN R, [STEP SLIGHTLY DIAGONAL FWD & DRAG] R & L

- 1 - 4 Make a full turn to the right with 4 steps starting RF-LF-RF-LF
- 5 - 6 Step RF slightly diagonal right fwd, drag LF
- 7 - 8 Step LF slightly diagonal left fwd, drag RF (12:00)

[41 - 48] WALS W/FULL TURN R, [STEP SLIGHTLY DIAGONAL BACK & DRAG] L & R

- 1 - 4 Make a full turn to the right with 4 steps starting RF-LF-RF-LF
- 5 - 6 Step RF slightly diagonal right back, drag LF
- 7 - 8 Step LF slightly diagonal left back, drag (12:00)

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