

# Flesh and Bone

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Flo Garnier (FR) - July 2022

Musik: Flesh & Bone - Casey Barnes



Intro : 32 counts

**[1-8] : heel switches, ¼ turn L, scuff, hitch, coaster step BW, shuffle FW**

1&2& R heel ahead, RF beside LF, L heel ahead, ¼ turn L and LF beside RF (BW onto LF)  
3-4 RF brushes FW, lift R knee  
5&6 RF behind, LF beside RF, RF ahead  
7&8 LF ahead, RF beside LF, LF ahead

**[9-16] : shuffle FW, ½ turn L, shuffle FW, shuffle ½ turn L, coaster step BW**

1&2 RF ahead, LF beside RF, RF ahead  
3&4 ½ turn L and LF ahead, RF beside LF, LF ahead  
5&6 ¼ turn L and RF à D, LF beside RF, ¼ turn L and RF behind  
7&8 LF behind, RF beside LF, LF ahead\*

**\*Here : Restarts on walls 3 and 7**

**[17-24] : side rock step, sailor step, sailor step ¼ turn L, step ¼ turn L**

1-2 RF to R, recover BW onto LF  
3&4 RF cross behind LF, LF to the L, RF to the R  
5&6 ¼ turn L and LF cross behind RF, RF to the R, LF to the L  
7-8 RF ahead, ¼ turn L

**[25-32] : point switches, rock step FW, shuffle BW, unwind ½ turn**

1&2& RF point ahead (knee in), RF beside LF, LF point ahead (knee in), LF beside RF  
3-4 RF ahead, recover BW onto LF  
5&6 RF behind, LF beside RF, RF behind  
7-8 LF croise behind RF, unwind ½ turn L (BW onto LF)

**RESTARTS : After count 12, on walls 3 and 7.**

**Final : Dance ends up with the unwind ½ turn to 6 o'clock. Do rather an unwind full turn to end up at 12 !**

**Start again and have fun !**