

"M" Bones

Count: 32

Wand: 4

Ebene: Improver west coast swing

Choreograf/in: Tommy Bailey (USA)

Musik: Drinkin' Bone - Tracy Byrd



KICK BALL CHANGE, FORWARD ROCK STEP, COASTER STEP

1&2-4 Kick right foot forward, & step on ball of right foot, change weight to left, step right foot forward rock, step back on left

5-8 Step back on right, step together with left, step forward on right (hold one beat), clap, clap

KICK BALL CHANGE, FORWARD ROCK STEP, ½ PIVOT, HIP BUMPS

9&10-12 Kick left foot forward, & step on ball of left foot, change weight to right, step left foot forward rock

13&14 Step left to left side, step right next to left, step left to left side

15&16 Touch right toe forward & bump right hip forward & forward &

SHUFFLE FORWARD RIGHT, ½ PIVOT RIGHT, SIDE SHUFFLE

17&18-20 Shuffle forward right-left-right, pivot step ½ turn right

21&22-24 Side shuffle left-right-left, step right foot back ¼ turn right, touch left toe next right toe

SHUFFLE FORWARD, FULL TURN, JAZZ BOX

25&26-28 Shuffle forward left-right-left, roll forward 1 full turn to left, step right over left turning ½ turn left, step back on left foot turning ½ turn to left completing turn

29-32 Right jazz box right-left-right-left (end dance with weight on left)

REPEAT
