

Feel It In My Bones

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Silvia Schill (DE) - March 2019
音乐: Bones (feat. OneRepublic) - Galantis



The dance begins at two beats before vocals are used.

Heel Hitch / Slap, Heel Hitch / Slap, Coaster Step, Shuffle Forward, Step, Pivot ¼ L

- 1 & Touch right heel in front and lift right knee / clap with the right hand on the knee
- 2 & Like 1&
- 3 & 4 Step backwards with right - LF beside RF and small step forward with right
- 5 & 6 Step forward with left - RF beside LF and step forward with left
- 7-8 Step forward with right - ¼ turn left on both bales, weight at the end on left (9 o'clock)

Restart: In the 6th round - direction 6 o'clock - stop here and start over again

Cross, Hold, Side, Cross, Side, Cross (with Shimmies), Side Rock, Sailor Step Turning ½ L

- 1-2 Cross RF over LF - Hold
- & 3 Step left with left and cross RF over LF
- & 4 Like & 3 (while moving your shoulders back and forth)
- 5-6 Step left with left - weight back on the RF
- 7 & 8 Cross LF behind RF - ½ turn left, RF beside LF and step forward with left (3 o'clock)

Heel & Heel & Touch Forward Heel Swivel, Coaster Step, Shuffle Forward

- 1& Touch right heel in front, RF beside LF
- 2& Touch left heel in front, LF beside RF
- 3 & 4 Touch right toe in front - Turn right heel outwards and back again
- 5 & 6 Step backwards with right - LF beside RF and small step forward with right
- 7 & 8 Step forward with left - RF beside LF and step forward with left

Step, Pivot ¼ L, Cross, Side, Heel & Cross, ¼ Turn L, Side, Touch

- 1-2 Step forward with right - ¼ turn left on both bales, weight at the end on left (12 o'clock)
- 3 & Cross RF over LF and step left with left
- 4 & Touch right heel diagonally right in front, RF beside LF
- 5-6 Cross LF over RF - ¼ turn left and step back with right (9 o'clock)
- 7-8 Step Left with Left - Touch RF beside LF

Repeat until the end

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

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