

In My Bones

拍数: 48 墙数: 2 级数: Novice
编舞者: Catherine Riverin (CAN) - February 2020
音乐: In My Bones - Ray Dalton



Note: Special thanks to Linda Fortin for her advice and her precious help.
Intro: 16 counts - No TAG, No RESTART

[1-8] STEP R, ½ TURN R, SHUFFLE BACK, COASTER STEP, SHUFFLE FWD

1-2 Step R forward, ½ turn to right stepping L forward - (6:00)
3&4 Step R behind, step L together, Step R behind
5&6 Step L back, ball R next to left, step L forward
7&8 Step R forward, step L next to R, step R forward

[9-16] TOE STRUT L, SIDE STEP STEP X2

1-2 L toe forward, drop L heel
3&4 Step R to right, recover on L, step R forward
5-6 L toe forward, drop L heel
7&8 Step R to right, recover on L, step R forward

[17-24] SHUFFLE ¼ TURN L, HITCH, SIDE, CROSS ROCK STEP ¼ TURN L, HITCH

1&2 Step L to left, step R next to L, ¼ turn to left stepping L forward - (3:00)
3-4 Hitch right knee, step R slightly to right
5&6 Cross L in front of R, recover on R ¼ turn to left stepping L forward - (12:00)
7-8 Hitch R knee, step R slightly to right

[25-32] SAILOR STEP L, SAILOR STEP R, HEEL & HEEL, STEP, ½ TURN R

1&2 Cross L behind R step R to right, step L to left
3&4 Cross R behind L, step L to left, step R to right
5&6& Touch L heel forward, step L next to R, touch R heel forward, step R next to L
7-8 Step L forward, ½ turn to R

[33-40] KICK BALL STEP X 2, HEEL&TOUCH&TOUCH&TOUCH (6:00)

1&2 Kick L forward, ball L next to R, step R forward - (6:00)
3&4 Kick L forward, ball L next to R, step R forward
5&6& Touch L heel forward, step L next to R, touch R toe to right, step R next to L
7&8 touch L toe to left, step L next to R, touch R toe slightly forward

[41-48] STEP BACK R L , COASTER STEP, MAMBO L, MAMBO R TOUCH

1-2 Step R back, step L back
3&4 Step R back, step L next to R, step R forward
5&6 Rock L to left, recover on R, step L next to R
7&8 Rock R to right, recover on L, touch R next to left

Have Fun!!

CATHERINE