

# In My Bones

拍数: 48      墙数: 4      级数: Intermediate  
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音乐: In My Bones - Ray Dalton



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## Walk R , Walk L , Mambo forward R , Point side L , Back L , Shuffle step R

1-2            Walk R , Walk L  
3&4            Mambo forward R  
5-6            Point L to L, Back step L  
7&8            Step forward R , Step together , Step forward R

## Step turn 1/2 R , Triple step R turn 1/2 R , Back step R , Back step L , Coaster step R

1-2            Step forward L , 1/2 turn to R , weight on R ( 6:00)  
3&4            1/4 turn to R Step L , ( 9:00) Cross R over L , 1/4 turn to R à step back L (12:00)  
5-6            Step back R, Step back L  
7&8            Step back R, Together , Step forward R

## Step turn 1/4 R , triple Cross L , Rock side step R , Behind side cross

1-2            Step forward L , 1/4 turn to R , weight on R( 3:00)  
3&4            Cross L over R , side step R ,Cross L over R  
5-6            Rock step side R ,recover on L  
7&8            Cross R behind L, step side L , Cross R over L

## Point L , 1/4 turn L , Sailor step L , Skate R , Skate L , Cross, Back , Side

1&2            Point L to L, 1/4 turn to R, Point L to L (6:00)  
3&4            Cross L behind R, Together, Step forward  
5-6            Skate R, Skate L  
7&8            Cross R over L, Step back L, R to right side

## Shuffle step L , Hitch R , point back , 1/2 turn R , Flick L , Run X 4 curve

1&2            Step forward L, together, Step forward L  
3-4            Hitch R Point R behind  
5-6            1/2 turn to R, weight on R , Flick behind on L  
7&8&          Walk L ,Walk R, Walk L ,Walk R on curve to the left (6:00)

## Step forward L , Bounce heel X2, Monterey turn 1/4 R, twist 1/2 turn

1-2            Step forward l on diagonal L , together (4:30)  
3-4            Bounce heels X 2  
5&6&          Point R to right side, together with 1/4 turn to R, Point L to left, together (9:00)  
7-8            Cross R over L , 1/2turn to L on place (3:00)

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