

# In My Bones

**COPPER KNOB**  
STEPSHEETS

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Arizona FOX (FR) - October 2020  
音乐: In My Bones - Ray Dalton



Intro : 16 counts

## Sect.1 Walk R, Walk L, Out Out, In Cross, Sway, Recover, Cross Shuffle

1-2            Step right forward, step left forward  
&3&4        Step right out, step left out, step right in, step left cross over right  
5- 6        Step right sway , recover on left  
7&8        Cross right over left, step side left, cross right over left

## Sect.2 Sway, Recover, ½ turn Sailor, Rock Step, Step back, Heel, Step, Touch

1-2            Sway to left, recover on right  
3&4        Cross left behind right with ½ turn left, step right to right, step left to left  
5-6        Rock step right forward, recover on to left  
&7&8        Step right back, hell left diagonal forward, left step beside right, touch right beside left

**RESTART 3 and 7**

## Sect.3 Rumba Box Modified, Out Out, In In

1-2            Step side right, side left beside right  
3&4        Shuffle right forward  
5-6        Step side left, side right beside left  
7&8        Step left out, step right out, step left in, step right in

## Sect.4 Toe Left, ¼ Turn L, Kick Ball Cross, Side Rock, Touch, Kick Ball Touch

1-2            Toe left behind heel right and ¼ turn to left  
3&4        Kick ball right, cross left over right  
5-6        Side rock right , touch left beside right  
7&8        Kick ball left, touch right beside left

**RESTART 2, 5 and 8**

## Sect.5 Dorothy Step R, Dorothy Step L, Mambo R, Sailor Step ¼ Turn L

1-2&        Step right diagonal forward, step left beside right, step right diagonal forward  
3-4&        Step left diagonal forward, step right beside left, step left diagonal forward  
5&6        Step right forward, recover on left, step right beside left  
7&8        Cross left behind right with ¼ turn left, step right to right, step left to left

## Sect.6 Rock Fwd, Rock Back, Toe ¼ Turn, Kick Ball Touch, Kick Ball Touch

1-2            Rock step right forward, recover on left  
&3-4        Rock step left back, toe behind right, ¼ turn on left  
5&6        Kick ball right, touch left beside right  
7&8        Kick ball left, touch right beside left

**Start over at walls 2, 5 and 8 at the end of section 4**

**Start over at walls 3 and 7 at the end of section 2**

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