

Magic in My Bones

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Laura Hannele Pitkänen (FIN) & Rita Otti (FIN) - April 2022
音乐: Bones - Imagine Dragons : (Album: Mercury - Act 2)



Made on International Dance Day 29.04.2022.

Start after 48 count intro, approx. 30 sec into the track.

[1-8]: Travelling Heel-Toes, Kick, Behind-Side-Cross, Side, Drag, Step Together

- 1, Touch R heel to right side slightly diagonally as you swivel your L toes to right,
- 2, Touch R toes to right as you swivel your L heel to right,
- 3, Touch R heel to right slightly diagonally as you swivel your L toes to right,
- 4, Kick R to right diagonal,
- 5 & 6, Cross R behind L, Step L to left side, Cross R over L,
- 7, Step L to left side body slightly angled to right diagonal and drag R towards L and push hips back,
- 8, Step R beside L,

[9-16]: Cross, Toe Switches, Heel Switches, ¼ Turn On Spot, Body Roll (Papa Snake)

- 1, Cross L over R,
- 2 & 3, Touch R to right side, Step R beside L, touch L to left side,
- & 4 &, Step L beside R, Touch R heel forward, Step R beside L,
- 5 - 6, Touch L heel forward, Turn 1/4 right on spot (weight ends on both feet),
- 7 - 8, Make a body roll (weight ends on L), Restart here on wall 3

(Optional styling on count 8[16]: Pop R knee forward at the end of the body roll)

[17-24]: Rock-Recover, Step-Ball-Step, Cross, Hitch, Skate RL (Mama Snake)

- 1 - 2, Step R back, Recover weight on L,
- 3 & 4, Step R forward slightly over L, Step L to left side, Transfer weight to R,
- 5 - 6, Cross L over R, Hitch R to right diagonal,
- 7 - 8, Skate R diagonally forward, Skate L diagonally forward,

[25-32]: Skate RL (Baby Snakes), Pivot ½ Turn, Triple Full Turn, Out-Out, Knee Pop

- 1 - 2, Small skate R to right diagonal, Small skate L to left diagonal,
- 3 - 4, Step R forward, Turn ½ left stepping forward on L,
- 5 & 6, Turn ½ left stepping back on R, Turn ½ left stepping forward on L, Step R forward,
- & 7 - 8, Hop L foot out, Hop R foot out, pop R knee in transferring weight to L

Start again

RESTART: on wall 3 restart dance after 16 counts (facing 9:00)

Have fun and feel it in your bones ☐