

# Flesh and Bone

拍数: 32      墙数: 4      级数: Improver  
编舞者: Flo Garnier (FR) - July 2022  
音乐: Flesh & Bone - Casey Barnes



Intro : 32 counts

**[1-8] : heel switches, ¼ turn L, scuff, hitch, coaster step BW, shuffle FW**

1&2&      R heel ahead, RF beside LF, L heel ahead, ¼ turn L and LF beside RF (BW onto LF)  
3-4      RF brushes FW, lift R knee  
5&6      RF behind, LF beside RF, RF ahead  
7&8      LF ahead, RF beside LF, LF ahead

**[9-16] : shuffle FW, ½ turn L, shuffle FW, shuffle ½ turn L, coaster step BW**

1&2      RF ahead, LF beside RF, RF ahead  
3&4      ½ turn L and LF ahead, RF beside LF, LF ahead  
5&6      ¼ turn L and RF à D, LF beside RF, ¼ turn L and RF behind  
7&8      LF behind, RF beside LF, LF ahead\*

**\*Here : Restarts on walls 3 and 7**

**[17-24] : side rock step, sailor step, sailor step ¼ turn L, step ¼ turn L**

1-2      RF to R, recover BW onto LF  
3&4      RF cross behind LF, LF to the L, RF to the R  
5&6      ¼ turn L and LF cross behind RF, RF to the R, LF to the L  
7-8      RF ahead, ¼ turn L

**[25-32] : point switches, rock step FW, shuffle BW, unwind ½ turn**

1&2&      RF point ahead (knee in), RF beside LF, LF point ahead (knee in), LF beside RF  
3-4      RF ahead, recover BW onto LF  
5&6      RF behind, LF beside RF, RF behind  
7-8      LF croise behind RF, unwind ½ turn L (BW onto LF)

**RESTARTS : After count 12, on walls 3 and 7.**

**Final : Dance ends up with the unwind ½ turn to 6 o'clock. Do rather an unwind full turn to end up at 12 !**

**Start again and have fun !**