

# Bones

拍数: 32      墙数: 2      级数: Beginner  
编舞者: William Sevone (UK)  
音乐: Bad To The Bone - George Thorogood



## 2X KNEE BEND-HIP BUMP, KNEE BEND, KICK (12:00)

- 1-2      Bend knees slightly forward, straightening up - bump hips to the right
- 3-4      Bend knees slightly forward, straightening up - bump hips to the left
- 5-6      Bend knees slightly forward, straightening up - kick right foot slightly to the right
- 7      Step right foot next to left bending knees slightly forward
- 8      Straightening up - kick left foot slightly to the left

## KNEE BEND, KICK, 2X KICK BACK STEP, STEP FORWARD, PIVOT ½ RIGHT (6:00)

- 9-10      (Large step) cross step left foot behind right, step onto right foot

**There will be a natural bend to the knees during the above two counts**

- 11&12      Kick left foot forward, step left foot backward, step onto right foot
- 13&14      Kick left foot forward, step left foot backward, step onto right foot
- 15-16      Step forward onto left foot, pivot ½ right (weight on right)

## STEP FORWARD, PIVOT ½ RIGHT, SIDE STEP, HIP BUMPS LEFT, HIP BUMPS RIGHT, TOGETHER (12:00)

- 17-18      Step forward onto left foot, pivot ½ right (weight on right)
  - 19      Step left foot slightly to left side
  - 20-21      While transferring weight fully to left foot - bump hips twice to the left
  - 22-23      While transferring weight fully to right foot - bump hips twice to the right
- On counts 20-23, the rise and fall technique to be used**
- 24      Step left foot next to right

## 2X STEP FORWARD-PIVOT ¼ LEFT-TOGETHER-CLAP OR SNAP (6:00)

- 25-26      Step right foot forward, pivot ¼ left (weight on left)
- 27-28      Step right foot next to left (no weight), clap hands or hip level finger snap
- 29-30      Step right foot forward, pivot ¼ left (weight on left)
- 31-32      Step right foot next to left, clap hands or hip level finger snap

**REPEAT**

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