

Bones

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Hambone - Carl Perkins



FORWARD PRESS & KICK, COASTER STEP, FORWARD, ROCK, BACK FULL TURN ON 2 STEPS

1&2 Press right forward with weight, rock back onto left, kick right forward
3&4 Step right back, step left beside right, step right forward
5-6 Step left forward, rock back onto right
7-8 Step left back turning $\frac{1}{2}$ left, step right forward turning another $\frac{1}{2}$ left

Styling: as you complete the turn, sweep left toe out to the left

SAILOR ENDING FORWARD, CROSS-BALL-CHANGE WITH A $\frac{1}{4}$ TURN RIGHT, QUICK WEAVE RIGHT: CROSS, SIDE, BEHIND, $\frac{1}{4}$ TURN RIGHT, FORWARD, BRUSH

1&2 Cross step left behind right, step right to right side, step left forward angled left
3 Cross step right over left with right toe angled right
&4 Step ball of left forward, turn $\frac{1}{4}$ right shifting weight onto right
5& Cross step left over right, step right to right
6& Cross step left behind right, step right to right turning $\frac{1}{4}$ right
7-8 Step left forward, brush right foot forward

SHUFFLE BACK, $\frac{1}{2}$ TURN LEFT, SHUFFLE FORWARD, CROSS-SIDE-ROCK, CROSS-SIDE-ROCK

1&2 Step right back, slide/step left beside right, step right back
& Turn $\frac{1}{2}$ left
3&4 Step left forward, slide/step right beside left, step left forward
5&6 Cross step right over left, step left to left side, rock onto right
7&8 Cross step left over right, step right to right side, rock onto left

2 SAILORS MOVING BACK, CROSS BEHIND, TURN $\frac{1}{4}$ LEFT, FULL SPIN FORWARD, STEP FORWARD

1&2 Cross step right back behind left, step left to left side, step right to right side
3&4 Cross step left back behind right, step right to right side, step left to left side
5-6 Cross step right behind left, step left to left side turning $\frac{1}{4}$ left
7-8 Step right forward completing a full turn to left, step left forward (ends facing 9:00 wall)

To simplify 7-8 here, make them simple walking steps forward

REPEAT
