

# In My Bones

**COPPER KNOB**  
BYEBOBETS

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Amanda Rizzello (FR) - January 2017  
音樂: In My Bones - Ron Pope



---

## **(1-8) STEP SWEEP, CROSS, STEP SWEEP, BEHIND SIDE CROSS, ROCK STEP, SIDE ROCK STEP, ¼ TURN STEP**

1-2&      RF forward, with L sweep , LF cross over R , RF to side R  
3-4&      LF backward with R sweep ,RF behind left, LF to side left  
5-6&      RF cross over left, recover on left, RF to side right  
7-8&      LF cross over right, recover on right , ¼ turn left LF forward

## **(9-16) WALK X2,MAMBO STEP , ½ TURN,FULL TURN,SWAY X2**

1-2      RF walk, LF walk  
3&4      RF forward, recover on left ,RF backward  
5-6&      ½ turn left LF forward , ½ turn left RF backward , ½ turn left, LF forward  
7-8      Sway Right ( RF to side ),sway Left (recover on left)

## **(17-24) DIAMONDS FALLAWAY, TOUCH BEHIND 3/8 TURN**

1-2&      RF to side right, 1/8 turn left LF backward, RF backward  
3-4&      1/8 turn left , LF side left, 1/8 turn left RF forward, LF forward  
5-6&      1/8 turn right, RF side right , 1/8 turn left LF backward RF backward  
7-8      Touch L behind , 3/8 turn L(recover on L) 3:00

## **(25-32) BASIC NIGHT-CLUB, ¼ TURN ROLLING VINE,ROCK STEP ,1/4 TURN STEP,CROSS,SPIRAL**

1-2&      RF side right, LF beside right ,RF cross over left  
3-4&      ¼ turn left LF forward , ½ turn left RF backward, ¼ turn left LF side left  
5-6&      RF cross over left, recover on left , ¼ turn right RF forward  
7-8      LF cross over right, spiral full turn (weight on left) 6:00

Contact : amanda\_19@hotmail.fr - <http://amanda19302.wixsite.com/arclid>

---