

Skin and Bones

拍數: 48 牆數: 2 級數: High Intermediate
編舞者: Roy Verdonk (NL) & Malene Jakobsen (DK) - October 2017
音樂: Alone - Jessie Ware : (iTunes)



Intro: 16 counts, 11 sec. into track on lyrics - dance begins with weight on L

[1-9] Side, behind, side, cross rock, 1/4, 1/4, 1/2 with sweep, behind, side, cross

- 1-2& (1) Step R to R, (2) cross L behind R, (&) step R to R 12.00
3-4& (3) Rock L across R, (4) recover onto R, (&) turn 1/4 L stepping fwd. on L 9.00
5-6 (5-6) Turn 1/4 L stepping R to R turning your body towards L diagonal prepping to turn R (this is a slow move). As you do this swivel L toes to the side and look over your L shoulder 6.00
7 (7) Recover weight onto L and on ball of L turn 1/2 R sweeping R from front to back 12.00
8&1 (8) Cross R behind L, (&) step L to L, (1) cross R over L

[10-17] Hold, ball cross, side rock, cross, side with hitch, 1/4 with sweep, behind, side, cross

- 2&3 (2) Hold, (&) step L to L, (3) cross R over L 12.00
&4& (&) Rock L to L, (4) recover onto R, (&) cross L over R 12.00
5-6 (5-6) Step R to R hitching L and turning body towards L diagonal prepping for 1/4 turn (this is a slow move) 12.00
7 (7) Recover onto L turning 1/4 R sweeping R from front to back 3.00
8&1 (8) Cross R behind R, (&) step L to L, (1) cross R over L 3.00

[18-25] Unwind 1/2, 1/2 with sweep, behind, 1/8, fwd. with rise, recover, back, 1/2

- 2-3 (2) Unwind 1/2 L putting weight on L, (3) turn 1/2 L stepping back on R sweeping L from front to back 3.00
4& (4) Cross L behind R, (&) turn 1/8 R stepping fwd. on R 4.30
5-6 (5-6) Step fwd. on L and rise up slightly on ball of L (this is a slow move) 4.30
7 (7) Recover onto R 4.30
8&1 (8) Step back on L, (&) turn 1/2 R stepping fwd. on R, (1) step fwd. on L 10.30

[26-32] Pivot 1/4, cross, 1/4, 3/8 with hitch, cross, 1/4, side

- 2&3 (2) Step fwd. on R, (&) turn 1/4 L, (3) cross R over L 7.30
4-5-6 (4) Turn 1/4 R stepping back on L, (5-6) turn 3/8 stepping fwd. on R hitching L (this is a slow move) 3.00
7 (7) Cross L over R 3.00
8& (8) Turn 1/4 L stepping back on R, (&) step L to L 12.00

[33-40] Cross rock, side, cross rock, 1/4, 1/2 with hitch, side, recover, cross

- 1-2& (1) Rock R across L, (2) recover onto L, (&) step R to R 12.00
3-4& (3) Rock L across R, (4) recover onto R, (&) turn 1/4 L stepping fwd. on L 9.00
5-6 (5-6) Turn 1/2 L stepping back on R hitching L and continue the turn another 1/4 L (this is a slow move) 12.00
7 (7) Step/rock L to L 12.00
8& (8) Recover onto R, (&) cross L over R 12.00

[41-48] R basic, 1/4, side cross, R basic, 1/4, side, cross

- 1-2& (1) Step R to R, (2) close L behind R, (&) cross R over L 12.00
3-4& (3) Turn 1/4 R stepping back on L, (4) step R to R, (&) cross L over R 3.00
5-6& (5) Step R to R, (6) close L behind R, (&) cross R over L 3.00
7-8& (7) Turn 1/4 R stepping back on L, (8) step R to R, (&) cross L over R 6.00

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