

# Feel It In My Bones

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Silvia Schill (DE) - March 2019  
音樂: Bones (feat. OneRepublic) - Galantis



The dance begins at two beats before vocals are used.

## Heel Hitch / Slap, Heel Hitch / Slap, Coaster Step, Shuffle Forward, Step, Pivot ¼ L

- 1 &      Touch right heel in front and lift right knee / clap with the right hand on the knee
- 2 &      Like 1&
- 3 & 4      Step backwards with right - LF beside RF and small step forward with right
- 5 & 6      Step forward with left - RF beside LF and step forward with left
- 7-8      Step forward with right - ¼ turn left on both bales, weight at the end on left (9 o'clock)

**Restart: In the 6th round - direction 6 o'clock - stop here and start over again**

## Cross, Hold, Side, Cross, Side, Cross (with Shimmies), Side Rock, Sailor Step Turning ½ L

- 1-2      Cross RF over LF - Hold
- & 3      Step left with left and cross RF over LF
- & 4      Like & 3 (while moving your shoulders back and forth)
- 5-6      Step left with left - weight back on the RF
- 7 & 8      Cross LF behind RF - ½ turn left, RF beside LF and step forward with left (3 o'clock)

## Heel & Heel & Touch Forward Heel Swivel, Coaster Step, Shuffle Forward

- 1&      Touch right heel in front, RF beside LF
- 2&      Touch left heel in front, LF beside RF
- 3 & 4      Touch right toe in front - Turn right heel outwards and back again
- 5 & 6      Step backwards with right - LF beside RF and small step forward with right
- 7 & 8      Step forward with left - RF beside LF and step forward with left

## Step, Pivot ¼ L, Cross, Side, Heel & Cross, ¼ Turn L, Side, Touch

- 1-2      Step forward with right - ¼ turn left on both bales, weight at the end on left (12 o'clock)
- 3 &      Cross RF over LF and step left with left
- 4 &      Touch right heel diagonally right in front, RF beside LF
- 5-6      Cross LF over RF - ¼ turn left and step back with right (9 o'clock)
- 7-8      Step Left with Left - Touch RF beside LF

Repeat until the end

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

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