

Bones

拍數: 16 牆數: 2 級數: Improver Rolling 8 count
編舞者: Guillaume Richard (FR) - September 2019
音樂: Bones - JC Stewart



Intro: No intro, start on word « ghosts » when lyrics start
Restart : At wall 4 & 8, do the first 8 counts and restart the dance

[1 – 8] Rock & Hitch Step, Step, Rock & Hitch Step, Step ½ turn, Step ½ turn Step, Rock Step, Step Back

1-2 Step LF forward into R diagonal and hitch R knee (1), Recover on RF (2) 1:30
a 3-4 Step LF to L (a), Step RF forward into L diagonal and hitch L knee (3), Recover on LF (4)
 10:30
a 5-6 Step RF to R (a), Step LF forward (5), Make ½ turn R stepping on RF (6) 6:00
&a 7 Step LF forward (&), Make ½ turn R stepping on RF (a), Step LF forward (7) 12:00
8 &a Step RF forward (8), Recover on LF (&), Step RF backward (a) 12:00

[9 – 16] Step & Sweep, Twinkle Back, Step & Sweep, ¼ turn Weave, Step ¼ Turn, Twinkle ½ Turn, Cross Rock Step

1-2 &a Step LF backward and sweep RF from front to back (1), Cross RF behind LF (2), Step LF to
 L (&), Recover on RF (a) 12:00
3-4 &a Step LF backward and sweep RF from front to back (3), Cross RF behind LF (4), Make ¼
 turn L stepping LF forward (&), Step RF forward (a) 9:00
5-6 Step LF forward (5), Make ¼ turn R stepping on RF (6) 12:00
7 &a Cross LF over RF (7), Make ¼ turn L stepping RF backward (&), Make ¼ turn L stepping LF
 to L(a) 6:00
8 &a Cross RF over LF (8), Recover on LF (&), Step RF to R (a) 6:00

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