

Bones

拍數: 24 牆數: 4 級數: Improver waltz
編舞者: Laura Rittenhouse (AUS) - January 2020
音樂: Bones - Melanie Fiona



Start after 24 beats (first 3 walls are danced before lyrics begin)

S1: LOCK LEFT FORWARD, STEP AND DRAG

1,2,3 Step L fwd, Lock R behind, Step L fwd
4,5,6 Step R fwd to R diagonal, Drag L fwd resting L toe beside R instep (5,6)

S2: LOCK LEFT BACK, STEP AND DRAG

1,2,3 Step L back, Lock R in front, Step L back
4,5,6 Step R back to R diagonal, Drag L back resting L toe beside R instep (5,6)

S3: SAILOR TURN, STEP AND DRAG

1,2,3 Cross L behind R, Turn L $\frac{1}{4}$ stepping fwd on R (9:00), Step L beside R
4,5,6 Step R fwd to R diagonal, Drag L fwd resting L toe beside R instep (5,6)

S4: BASIC WALTZ FORWARD, STEP AND DRAG CROSS

1,2,3 Step L fwd, Step R beside L, Step L in place
4,5,6 Step R back to R diagonal, Drag L across R foot resting toe outside R foot (5,6)