

# In My Bones

**COPPER** KNOB  
STEPSHEETS

拍數: 48                      牆數: 2                      級數: Novice  
編舞者: Catherine Riverin (CAN) - February 2020  
音樂: In My Bones - Ray Dalton



**Note: Special thanks to Linda Fortin for her advice and her precious help.**  
**Intro: 16 counts - No TAG, No RESTART**

## [1-8] STEP R, ½ TURN R, SHUFFLE BACK, COASTER STEP, SHUFFLE FWD

1-2                      Step R forward, ½ turn to right stepping L forward - (6:00)  
3&4                      Step R behind, step L together, Step R behind  
5&6                      Step L back, ball R next to left, step L forward  
7&8                      Step R forward, step L next to R, step R forward

## [9-16] TOE STRUT L, SIDE STEP STEP X2

1-2                      L toe forward, drop L heel  
3&4                      Step R to right, recover on L, step R forward  
5-6                      L toe forward, drop L heel  
7&8                      Step R to right, recover on L, step R forward

## [17-24] SHUFFLE ¼ TURN L, HITCH, SIDE, CROSS ROCK STEP ¼ TURN L, HITCH

1&2                      Step L to left, step R next to L, ¼ turn to left stepping L forward - (3:00)  
3-4                      Hitch right knee, step R slightly to right  
5&6                      Cross L in front of R, recover on R ¼ turn to left stepping L forward - (12:00)  
7-8                      Hitch R knee, step R slightly to right

## [25-32] SAILOR STEP L, SAILOR STEP R, HEEL & HEEL, STEP, ½ TURN R

1&2                      Cross L behind R step R to right, step L to left  
3&4                      Cross R behind L, step L to left, step R to right  
5&6&                      Touch L heel forward, step L next to R, touch R heel forward, step R next to L  
7-8                      Step L forward, ½ turn to R

## [33-40] KICK BALL STEP X 2, HEEL&TOUCH&TOUCH&TOUCH (6:00)

1&2                      Kick L forward, ball L next to R, step R forward - (6:00)  
3&4                      Kick L forward, ball L next to R, step R forward  
5&6&                      Touch L heel forward, step L next to R, touch R toe to right, step R next to L  
7&8                      touch L toe to left, step L next to R, touch R toe slightly forward

## [41-48] STEP BACK R L , COASTER STEP, MAMBO L, MAMBO R TOUCH

1-2                      Step R back, step L back  
3&4                      Step R back, step L next to R, step R forward  
5&6                      Rock L to left, recover on R, step L next to R  
7&8                      Rock R to right, recover on L, touch R next to left

**Have Fun!!**

**CATHERINE**