

In Our Bones

拍數: 48 牆數: 4 級數: Intermediate
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音樂: In My Bones - Ray Dalton : (Single)



Intro 16 counts

Side-Touch-Side, Behind-Side-Cross, Rock Side Recover, ¼ L Coaster

1&2 RF step side, LF touch beside, LF step side
3&4 RF cross behind, LF step side, RF cross over
5-6 LF rock side, RF recover
7&8 LF ¼ left step back, RF together, LF step forward [9]

Ball Fwd-Fwd, Mambo Fwd, Back/Sweep, ¼ L Sailor Into Cross Shuffle

&1-2 RF step beside on ball foot, LF step forward, RF step forward
3&4 LF rock forward, RF recover, LF step slightly back
5-6& RF step back and sweep LF back, LF ¼ left cross behind, RF step beside
7&8 LF cross over, RF step side, LF cross over [6]

Scuff/Hitch-Rock Side Recover, Ball Fwd, Fwd, Rock Fwd Recover, Shuffle ¾ L

&1-2 RF scuff and hitch, RF rock side, LF recover
&3-4 RF step beside on ball foot, LF step forward, RF step forward
5-6 LF rock forward, RF recover
7&8 LF ½ left step forward, RF step beside, LF ¼ left step forward [9]

¼ L Back, ½ L Fwd, Fwd, Mambo Fwd, Back-Point x2, Walk Fwd x2

&1-2 RF ¼ left step back, LF ½ left step forward, RF step forward
3&4 LF rock forward, RF recover, LF step slightly back
5&6& RF step back, LF point forward, LF step back, RF point forward
7-8 RF step forward, LF step forward [12]

Ball Side-Touch, Side, Behind-¼ R Fwd-Fwd, Rock Fwd Recover, Ball Point, Heel Swivel

&1&2 RF step beside on ball foot, LF step side, RF touch beside, RF step side and swivel L toes left
3&4 LF cross behind, RF ¼ right step forward, LF step forward
5-6 RF rock forward, LF recover
&7 RF step beside, LF step forward on toes
&8 L+R swivel heels left, L+R return heels [3]

½ L Fwd, ¼ L Side, Sailor, ¼ R Sailor, Chase Full Turn R/Knee Pop

1-2 LF ½ left step forward, RF ¼ left step side
3&4 LF cross behind, RF step beside, LF step side
5&6 RF ¼ right cross behind, LF step beside, RF step slightly forward
7&8 LF step forward, L+R ½ turn right, LF ½ right step back and pop R knee [9]

Start again