

# 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