

Rolling Stone

拍數: 48 牆數: 2 級數: Intermediate WCS style
編舞者: Niels Poulsen (DK) - August 2020
音樂: In My Bones - Ray Dalton : (iTunes etc - 3:11)



Intro: 16 counts (app. 11 secs into track). Start with weight on L foot

NOTE: NO TAGS - NO RESTARTS

[1 - 8] Walk R L, R anchor sweep, L sailor 1/8 L, step R fwd, ¼ R jump to L, together with R

1 - 2 Walk R fwd (1), walk L fwd (2) 12:00
3&4 Step R behind L (3), change weight to L (&), step R backwards sweeping L out to L side (4) 12:00
5&6 Cross L behind R (5), turn 1/8 L stepping R a small step to R side (&), step L fwd (6) 10:30
7&8 Step R fwd (7), turn ¼ R jumping L a big step to the L side (&), step R next to L (8) ... 1:30

Note: be careful to not over rotate body to 3:00. Your body must be facing 1:30

[9 - 16] L side rock, recover ¼ R, travelling samba steps L&R, fwd L, swivel heels LR

1 - 2 Rock L to L side (1), recover onto R turning ¼ R (2) 4:30
3&4 Step L fwd and slightly over R (3), rock R to R side (&), recover on L stepping L slightly fwd (4) ... body facing 4:30
5&6 Step R fwd and slightly over L (5), rock L to L side (&), recover on R stepping R slightly fwd (6) ... body facing 4:30
7&8 Place L foot fwd (7), swivel both heels to L side (&), swivel heels back again (8) ... weight R 4:30

[17 - 24] L back rock, lock ½ R, back rocking chair

1 - 2 Rock back on L (1), recover on R (2) 4:30
3&4 Turn ¼ R stepping L to L side (3), cross R over L (&), turn ¼ R stepping back on L (4) 10:30
5 - 6 Rock back on R (5), recover fwd on L (6) ... 10:30

Optional styling for count 5: bend both knees and lift L heel at the same time hitting the word DOWN during chorus (only walls 2, 4 and 6)

7 - 8 Rock R fwd (7), recover back on L (8) 10:30

[25 - 32] & heel jack, step L down, R samba step, heel grind ¼ back, L coaster step

&1 - 2 Step R back (&), touch L heel fwd (1), recover fwd onto L (2) 10:30
3&4 Cross R over L (3), rock L to L side squaring up to 12:00 (&), recover weight to R (4) 12:00
5 - 6 Cross L heel over R (5), grind ¼ L on L foot stepping back on R (6) 9:00
7&8 Step back on L (7), step R next to L (&), step fwd on L (8) 9:00

[33 - 40] R Dorothy step, L syncopated vine, cross over, long step slide L, ball cross

1 - 2& Step R into R diagonal (1), lock L behind R (2), step R into R diagonal (&) 9:00
3 - 4& Step L to L side (3), cross R behind L (4), step L to L side (&) 9:00
5 - 7 Cross R over L (5), step L a big step to L side (6), slide R towards L (7) ... 9:00

(Note: hit the word OOOH during the verse)

&8 Step R next to L (&), cross L over R (8) 9:00

[41 - 48] R side rock, recover ¼ L, full turn L, rock R fwd, jump back R, jump back L, clap x 2

1 - 2 Rock R to R side (1), when recovering to L turn ¼ L onto L (2) 6:00
3 - 4 Turn ½ L stepping back on R (3), turn ½ L stepping L fwd (4) 6:00
5 - 6 Rock R fwd (5), recover back on L (6) 6:00
&7&8 Jump back on R (&), jump back on L (7), clap hands (&), clap hands (8) 6:00

START AGAIN

Ending: No particular ending needed as you end facing 12:00 naturally when finishing your last wall

Email: nielsbp@gmail.com

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