

In My Bones

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



Walk R , Walk L , Mambo forward R , Point side L , Back L , Shuffle step R

1-2 Walk R , Walk L
3&4 Mambo forward R
5-6 Point L to L , Back step L
7&8 Step forward R , Step together , Step forward R

Step turn 1/2 R , Triple step R turn 1/2 R , Back step R , Back step L , Coaster step R

1-2 Step forward L , 1/2 turn to R , weight on R (6:00)
3&4 1/4 turn to R Step L , (9:00) Cross R over L , 1/4 turn to R à step back L (12:00)
5-6 Step back R , Step back L
7&8 Step back R , Together , Step forward R

Step turn 1/4 R , triple Cross L , Rock side step R , Behind side cross

1-2 Step forward L , 1/4 turn to R , weight on R (3:00)
3&4 Cross L over R , side step R , Cross L over R
5-6 Rock step side R , recover on L
7&8 Cross R behind L , step side L , Cross R over L

Point L , 1/4 turn L , Sailor step L , Skate R , Skate L , Cross, Back , Side

1&2 Point L to L , 1/4 turn to R , Point L to L (6:00)
3&4 Cross L behind R , Together , Step forward
5-6 Skate R , Skate L
7&8 Cross R over L , Step back L , R to right side

Shuffle step L , Hitch R , point back , 1/2 turn R , Flick L , Run X 4 curve

1&2 Step forward L , together , Step forward L
3-4 Hitch R Point R behind
5-6 1/2 turn to R , weight on R , Flick behind on L
7&8& Walk L , Walk R , Walk L , Walk R on curve to the left (6:00)

Step forward L , Bounce heel X2 , Monterey turn 1/4 R , twist 1/2 turn

1-2 Step forward l on diagonal L , together (4:30)
3-4 Bounce heels X 2
5&6& Point R to right side , together with 1/4 turn to R , Point L to left , together (9:00)
7-8 Cross R over L , 1/2turn to L on place (3:00)
