

In My Bones

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Arizona FOX (FR) - October 2020
音樂: In My Bones - Ray Dalton



Intro : 16 counts

Sect.1 Walk R, Walk L, Out Out, In Cross, Sway, Recover, Cross Shuffle

1-2 Step right forward, step left forward
&3&4 Step right out, step left out, step right in, step left cross over right
5- 6 Step right sway , recover on left
7&8 Cross right over left, step side left, cross right over left

Sect.2 Sway, Recover, ½ turn Sailor, Rock Step, Step back, Heel, Step, Touch

1-2 Sway to left, recover on right
3&4 Cross left behind right with ½ turn left, step right to right, step left to left
5-6 Rock step right forward, recover on to left
&7&8 Step right back, hell left diagonal forward, left step beside right, touch right beside left

RESTART 3 and 7

Sect.3 Rumba Box Modified, Out Out, In In

1-2 Step side right, side left beside right
3&4 Shuffle right forward
5-6 Step side left, side right beside left
7&8 Step left out, step right out, step left in, step right in

Sect.4 Toe Left, ¼ Turn L, Kick Ball Cross, Side Rock, Touch, Kick Ball Touch

1-2 Toe left behind heel right and ¼ turn to left
3&4 Kick ball right, cross left over right
5-6 Side rock right , touch left beside right
7&8 Kick ball left, touch right beside left

RESTART 2, 5 and 8

Sect.5 Dorothy Step R, Dorothy Step L, Mambo R, Sailor Step ¼ Turn L

1-2& Step right diagonal forward, step left beside right, step right diagonal forward
3-4& Step left diagonal forward, step right beside left, step left diagonal forward
5&6 Step right forward, recover on left, step right beside left
7&8 Cross left behind right with ¼ turn left, step right to right, step left to left

Sect.6 Rock Fwd, Rock Back, Toe ¼ Turn, Kick Ball Touch, Kick Ball Touch

1-2 Rock step right forward, recover on left
&3-4 Rock step left back, toe behind right, ¼ turn on left
5&6 Kick ball right, touch left beside right
7&8 Kick ball left, touch right beside left

Start over at walls 2, 5 and 8 at the end of section 4

Start over at walls 3 and 7 at the end of section 2

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