

# AB In My Bones

**COPPER** **NOB**  
BY STEPHENETS

拍數: 48      牆數: 1      級數: Ultra Beginner WCS  
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音樂: In My Bones (Malik Montana Remix) - Ray Dalton : (2020)



**Start : 2 x 8 counts - NO TAG NO RESTART**

## **[1 - 8] OUT-OUT FWD, TRIPLE ON THE SPOT (OR R ANCHOR STEP), OUT-OUT BACK, TRIPLE ON THE SPOT (OR L ANCHOR STEP)**

1 - 2            Step RF diagonal right fwd, step LF diagonal left fwd  
3 & 4           Triple step on the spot by returning to center RF-LF-RF (Option difficult : Anchor Step)  
5 - 6           Step LF diagonal left back, step RF diagonal right back  
7 & 8           Triple step on the spot by returning to center LF- RF-LF (Option difficult : Anchor Step)

## **[9 - 16] SWAYS R & L, TRIPLE SIDE R, SWAYS L & R, TRIPLE SIDE L**

1 - 2            Step RF to right with sway right, sway left  
3 & 4           Triple side right stepping RF to right side, step LF next to RF, step RF to right side  
5 - 6           Sway left, sway right  
7 & 8           Triple side left stepping LF to left side, step RF next to LF, step LF to left side

## **[17 - 24] WALKS R & L, TRIPLE R FWD, ROCK STEP, TRIPLE ON THE SPOT (OR L ANCHOR STEP)**

1 - 2            Step RF fwd, step LF fwd  
3 & 4           Triple step fwd stepping RF fwd, step LF next to RF, step RF fwd  
5 - 6           Step LF fwd, recover onto RF  
7 & 8           Triple step on the spot (Option difficult : Anchor Step)

## **[25 - 32] BACKS R & L, TRIPLE R BACK, ROCK BACK, TRIPLE STEP L**

1 - 2            Step RF back, step LF back  
3 & 4           Triple step back stepping RF back, step LF next to RF, step RF back  
5 - 6           Step LF back, recover RF  
7 & 8           Triple step fwd stepping LF fwd, step RF next to LF, step LF fwd

## **[33 - 40] WALS W/FULL TURN R, [STEP SLIGHTLY DIAGONAL FWD & DRAG] R & L**

1 - 4            Make a full turn to the right with 4 steps starting RF-LF-RF-LF  
5 - 6           Step RF slightly diagonal right fwd, drag LF  
7 - 8           Step LF slightly diagonal left fwd, drag RF (12:00)

## **[41 - 48] WALS W/FULL TURN R, [STEP SLIGHTLY DIAGONAL BACK & DRAG] L & R**

1 - 4            Make a full turn to the right with 4 steps starting RF-LF-RF-LF  
5 - 6           Step RF slightly diagonal right back, drag LF  
7 - 8           Step LF slightly diagonal left back, drag (12:00)

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