

# Good Bones

拍數: 32      牆數: 2      級數: Easy Intermediate  
編舞者: Dee Musk (UK) - November 2021  
音樂: The Bones - Maren Morris & Hozier



#16 Count Intro - Approx 12 seconds. 72 BPM.

Track approx 3 mins 17 secs. Track available from iTunes.co.uk

**Step, Step ¼ Turn Right, Cross, Tap, Press, Recover, Behind, Side, Cross Shuffle.**

- 1,2&3      Step forward on R, step forward on L, make ¼ turn R, cross L over R.
- &4,5      Tap R to R diagonal, press R to R diagonal, recover weight to L.
- 6&      Cross step R behind L, step L to L side.
- 7&8      Cross step R over L, step L to L side, cross step R over L. (3 o'clock).

**Ball Heel, Ball Cross, ½ Turn Left, Point, ¼ Turn Right, Point, ½ Turn Left, Lock Step Forward.**

- &1&2      Step L to L side, extend R heel to R diagonal, step R beside L, cross L over R.
- 3&4      Make ¼ turn L stepping back on R, make ¼ turn L stepping L to L side, point R to R side.
- &5      Make ¼ turn R stepping R beside L, point L to L side.
- 6      Make ½ turn L hooking L in front of R.
- 7&8      Step forward on L, cross lock R behind L, step forward on L.

**\*Restart during wall 6 - begin again facing 12 o'clock. (6 o'clock).**

**Ball ¼ Turn Left with Cross, ¼ Turn Left, Shuffle ½ Turn Left with Sweep, Cross, Side, Behind, Sweep, Behind, Side, Cross, Sweep.**

- &1,2      Make ¼ turn L stepping R to R to side, cross L over R, make ¼ turn L stepping back on R.
- 3&4      Shuffle ½ turn L stepping L, R, L sweeping R in front of L.
- 5&6      Cross R over L, step L to L side, cross step R behind L sweeping L to behind R.
- 7&8      Cross step L behind R, step R to R side, cross L over R sweeping R in front of L. (6 o'clock)

**(Non-turning option for counts &1-4 - R Ball Step, Step R, Shuffle L with Sweep).**

**Step, Tap, Sweep, Right Sailor Step, Left Sailor Step, Ball Step, Step Lock.**

- 1&2      Step forward on R, tap L behind R, step back on L sweeping R to behind L.
  - 3&4      Cross step R behind L, step L to L side, step R in place.
  - 5&6      Cross step L behind R, step R to R side, step L in place.
- (Note - the Sailor steps travel slightly backwards).**
- &7      Step R beside L, step forward on L.
  - 8&      Step forward on R, cross step L behind R. (6 o'clock).

**Tag - Step, Mambo Step, Coaster Step, Step, Rocking Chair.**

- 1,2&3      Step forward on R, rock forward on L, recover weight to R, step back on L.
- 4&5      Step back on R, step L beside R, step forward on R.
- 6      Step forward on L.
- 7&8&      Rock forward on R, recover weight to L, rock back on R, recover weight to L.

**Tag danced end of Wall 2 - begin again facing 12 o'clock.**

**Restart During wall 6 after 16 Counts - begin again facing 12 o'clock.**

Enjoy

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