

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

Contact: deedeemusk@gmail.com Dee - 07814 295470

