

Flesh and Bone

拍數: 32 牆數: 4 級數: Improver
編舞者: Flo Garnier (FR) - July 2022
音樂: Flesh & Bone - Casey Barnes



Intro : 32 counts

[1-8] : heel switches, ¼ turn L, scuff, hitch, coaster step BW, shuffle FW

1&2& R heel ahead, RF beside LF, L heel ahead, ¼ turn L and LF beside RF (BW onto LF)
3-4 RF brushes FW, lift R knee
5&6 RF behind, LF beside RF, RF ahead
7&8 LF ahead, RF beside LF, LF ahead

[9-16] : shuffle FW, ½ turn L, shuffle FW, shuffle ½ turn L, coaster step BW

1&2 RF ahead, LF beside RF, RF ahead
3&4 ½ turn L and LF ahead, RF beside LF, LF ahead
5&6 ¼ turn L and RF à D, LF beside RF, ¼ turn L and RF behind
7&8 LF behind, RF beside LF, LF ahead*

***Here : Restarts on walls 3 and 7**

[17-24] : side rock step, sailor step, sailor step ¼ turn L, step ¼ turn L

1-2 RF to R, recover BW onto LF
3&4 RF cross behind LF, LF to the L, RF to the R
5&6 ¼ turn L and LF cross behind RF, RF to the R, LF to the L
7-8 RF ahead, ¼ turn L

[25-32] : point switches, rock step FW, shuffle BW, unwind ½ turn

1&2& RF point ahead (knee in), RF beside LF, LF point ahead (knee in), LF beside RF
3-4 RF ahead, recover BW onto LF
5&6 RF behind, LF beside RF, RF behind
7-8 LF croise behind RF, unwind ½ turn L (BW onto LF)

RESTARTS : After count 12, on walls 3 and 7.

Final : Dance ends up with the unwind ½ turn to 6 o'clock. Do rather an unwind full turn to end up at 12 !

Start again and have fun !