

# My Bones

COPPERKNOB  
STEPSHEETS

拍數: 80      牆數: 2      級數: Intermediate / Advanced  
編舞者: Rhoda Lai (CAN) - March 2023  
音樂: Bones - Imagine Dragons



**Intro: 4 Counts Restart: Wall 3 after 16 counts (12:00)**

**S1 R Dorothy, L Lock steps, R Forward Rock, Shuffle ½ R**

12&      Step R to R diagonal, step L behind R, step R slightly forward  
3&4      Step L to L diagonal, step R behind L, step forward L (11:30)  
56      Rock forward R, recover onto L  
7&8      ½ R stepping R forward, step L behind R, step R slightly forward (4:30)

**S2 L Cross, R Back, L Chasse ¼ L, (R Pivot ½ L) X2, Clap X2**

12      Cross L over R, step R back (pushing hips back, squaring back to 3:00) (3:00)  
3&4      Step L to L side, step R beside L, ¼ L stepping L forward (12:00)  
56      Step forward R, pivot ½ L (6:00)  
7&8      Step forward R, pivot ½ L recovering on to L and clap, clap (12:00)

**S3 R Scuff Out Out, Knee Pops R, L, Chasse ¼ L, R Pivot ¼ L**

1&2      Scuff R, step R to R side. Step L to L side  
34      Pop R knee in towards L, Pop L knee in towards R  
5&6      Step L to L side, step R beside L, ¼ L stepping L forward (9:00)  
78      Step forward R rolling hips counter-clockwise, ¼ L recovering onto L (6:00)

**S4 R Forward Rock, Out Out In In, R Pivot ½ L, ½ L Point, Touch (Easier option: Rocking Chair)**

12&3&4      Rock forward R, recover onto L, step R to R side, step L to L side, step R to the center, step L next to R  
5678      Step forward R, pivot ½ L, ½ L point R to R side, touch R next to L  
(Easier alternative for 5678: Rock forward R, recover onto L, rock back R, recover onto L)

**S5 R Stomp, Hold, Cross Arms, Hold, ¼ L, Fist Punch, Hold, Fist Punch, Flick R**

12      Stomp R to R side bending elbows at 90 degrees to the sides with fists closed, hold  
&34      Cross arms in front of chest, bring elbows back to the sides (as in count 1), hold  
56      ¼ L lean body forward and lower L arm at chest level while punching R fist above L arm, hold (3:00)  
&78      Pull R arm back, Punch R fist under L arm, flick R foot back

**S6 R Forward, Hold, Drop, Drop, Pivot ½ L, ¼ L Out, Out, (Knee pops x2)**

12&3      Step forward R, hold, bend both knees, further drop body level with weight remain on R  
456      Pivot ½ L, ¼ L stepping R to R side, step L to L side (6:00)  
&7&8      Pop both knees, lower heels slapping hands on thighs, repeat Count "&7" ending weight on L

**S7 Upper Body Sway RLR, Close L Kick R, R Cross Shuffle, Press L, Recover R Kick L**

1234      Step R to R side swaying upper body to R, sway L, sway R, step L the center while kicking R to the side  
5&6      Cross R over L, step L to L side, Cross R over L  
78      Press L to L diagonal, recover onto R kicking L forward

**S8 L Behind, R Side, L Cross shuffle, R Back, Chasse L, Cross R, Unwind ½ L**

1&2&34      Step L behind R, step R to R side, Cross L over R, step R to R side, Cross L over R, step R back

5&678 Step L to L side, step R beside L, step L to L side, cross R over L, unwind ½ L ending weight on L (12:00)

**S9 Toe switches, Knee pops, Heel Switches, Hip Lift**

1&2&3&4 Point R to R side, step R beside L, point L to L side, step L beside R, point R to R side, pop both knees, lower heels  
&5&6&7 Step R beside L, touch L heel forward, step L beside R, touch R heel forward, step R beside L, touch L heel forward  
&8& Push hips forward, push hips back, step L beside R

**S10 Syncopated Forward Rock R L, R Pivot ½ L, ½ L, ½ L**

12&34& Rock forward R, recover onto L, step R beside L, rock forward L, recover onto R, step L beside R (6:00)  
5678 Step forward R, pivot ½ L, ½ L stepping R back, ½ L stepping L forward (6:00)

**Ending: After 32 counts in Wall 5, step R to R side and bend elbows at 90 degrees to the side with fists closed**

rhoda\_eddie@yahoo.ca 1(647) 295-3833 <https://www.facebook.com/rhoda.lai.5/>

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