

Bones (A Womans Dream)

COPPERKNOB
STEPSHEETS

拍數: 34 牆數: 4 級數: Intermediate
編舞者: Judith Campbell (NZ) - July 2013
音樂: Bones - Ginny Blackmore : (iTunes)



Intro: 18 slow counts – Start on Vocals

[1 – 8] SIDE – ROCK RECOVER – STEP LOCK STEP - ROCK RECOVER HALF - TURN – FULL ROLL FWD

1 2& Step R to RS, rock L behind R, recover fwd onto R (&)
3 4& Step fwd on L, lock R up behind, step L ft fwd (&)
5&6 Rock fwd on R, recover onto L, (turning ½ to R) stepping fwd onto R ft. (6:00)
7&8 Full roll turn to R, ½, ½, step fwd (stepping LRL moving fwd 6:00)

[9 - 16] SIDE ROCK RECOVER – CROSS – BACK LOCK BACK – SWEEP BEHIND SIDE CROSS - LUNGE TO LS – RECOVER LIFT

1&2 Rock R to RS, recover onto L, cross R over front of L
3&4 Step L back, lock R over L, step back on L
&5&6 Sweep R ft around to bk behind L, step L to LS, cross R over L
7 Rock/lunge over onto L ft, (lifting R heel off floor),
8 Recover onto R ft (heel onto floor)lifting L ft off floor.

[17 – 20] BEHIND SIDE CROSS – SIDE – ¼ – ¼ TURN – CROSS

1&2 Step L behind R, step R to RS, cross L over R,
3&4 (turning ¼ L) stepping back on R, (3:00), (turning ¼ L) step L to LS, cross R over L (12:00)

[21 – 24] & STEP TOGETHER – SIDE ROCK R – RECOVER TURN ¾ R - FWD L COASTER – BACK HOOK R (front)

&5 Step L next to R (&), rock/step R to RS,
6& Recover onto L – sweeping R ft outwards while turning ¾ to R, step R next to L to face (&)
(9:00)
7&8 Step fwd on L, step R next to L, step back onto L (fwd coaster),
& Hooking up R ft under L knee (&)

[25 – 28] SWAY R L – DRAG R ft IN – KNEE ROLL OUTWARDS – Arms Wrap Across Body (RL)

1 2 Step R ft to RS sway to RS, sway to LS, as you sway take R arm across to L arm, L arm to R
3&4 Drag R ft on ball in towards L start rotating knee outwards in a circular motion. Keep arms
crossed

[29 – 34] WALK FWD – STEP – LOCK – STEP (twice) -

This step makes a full circle turn on spot to where you started from

1 2&3 (turning to R) Walk fwd on R ft, step L fwd, lock R behind L, step fwd on L ft, (3:00)
4 5&6 Walk fwd on R ft, step L fwd, lock R behind L, step fwd on L ft, (9:00)

[34] Start dance in new direction. Enjoy – The arm movements are optional (25 - 28)

Restarts: Dance: 1 – 28 then Restart at the beginning on:-

Walls: 2 (facing (6:00), 5 facing (9:00), 8 facing (12:00)

Contact: jude.aleccampbell@xtra.co.nz