

Bones

拍數: 54 牆數: 2 級數: Intermediate waltz
編舞者: Angie Leyland (UK) - June 2014
音樂: Like Bones - Della Mae : (CD: This World Oft Can Be - iTunes)



24 count intro

Sec 1: □□□CROSSING TWINKLE STEP WITH ½ TURN RIGHT X 2

1-2-3 Step left forward across right, Step right to right side, Step left to left side.
4-5 Cross right over left, Cross left over right making ½ turn right
6 Step Right beside left (now facing 6 o'clock)

Sec 2: □REPEAT□ STEPS 1-6 in Section 1 (Ending up facing starting position)

Sec 3: □□LEFT CROSS POINT HOLD, RIGHT CROSS POINT HOLD

1-2-3 Step left over right, Point right toe to right side & hold for 1 beat
4-5-6 Step Right over left, point left toe to left side & hold for a beat

Sec 4: □□LEFT CROSS BACK BACK, RIGHT CROSS BACK BACK □□

1-2-3 Left cross over right, step back right, step back left
4-5-6 Right cross over left, step back left, step back right

Sec 5: □□STEP FORWARD LEFT ¼ PIVOT TURN CROSS, RIGHT WEAVE

1-2-3 Step forward left pivot ¼ turn right (facing 3 o'clock) cross left over right
4-5-6 Right step to right, left step behind right, right step to right

Sec 6: □□LEFT CROSS, 1/4 LEFT RIGHT TOGETHER, STEP OUT & HOLD

1-2-3 Step left over right, 1/4 left on to right foot, step left foot together (12 o'clock)
& 4-5-6 Step out left & then right & hold for 2 beats

Sec 7: □□LEFT TWINKLE, RIGHT TWINKLE□

1-2-3 Step left forward across right, step right to right side, step left to left side
4-5-6 Step Right forward across left, step left to left side, step right to right side

Sec 8: □□STEP FORWARD LEFT ½ TURN TOGETHER, BACK RIGHT, LEFT & TOGETHER

1-2-3 Step forward left, 1/2 turn left stepping back on right, left beside right
4-5-6 Step back right, back left, step right beside left. (facing 6 o'clock)

Sec 9: □□LEFT CROSS POINT HOLD, RIGHT CROSS POINT HOLD

1-2-3 Step left over right, Point right toe to right side & hold for 1 beat
4-5-6 Step Right over left, point left toe to left side & hold for a beat

END OF DANCE

If using any other piece of Waltz music simply dance sections 1 -9

Tag comes at end of wall 2 which is facing 12 o'clock

LEFT STEP FORWARD KICK KICK, BACK ½ TURN LEFT X 2 (12 BEATS)

1-2-3 Step forward left, kick right toe forward twice
4-5-6 Step back on right making ½ turn left, step forward on left, step right beside left
1-6 Repeat last six steps

RESTART: Is after section 6 wall 5 Facing (12 o'clock)

After (stepping out & holding for 2 beats)

The lyrics will start ready to begin again

ENDING: During wall 7 which is the last pattern of dance (Facing 12 o'clock) & after Section 7 (Left twinkle, Right twinkle)

1-2-3 Step forward on left, kick right toe forward twice

4-5-6 Step big step back right, bring left together, step on to right

The music should finish exact at that point

Happy Dancing & Miles of Smiles

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