Rhythm Bone

Count: 56 **Wall:** 4 **Level:** Improver
Choreographer: Tina Argyle (UK) - November 2017
Music: Rhythm Bone - The Tractors : (Album: Trade Union - iTunes etc)

Count In : 24 counts from start of heavy beat – 27 seconds in with lyrics

S1: Right Vine Touch. Touch Left Toe Out, In, Out, In with Right Heel Twist

1 -2	Step right to right side, cross left behind right, step right to right side, touch left at side of right
5 -8	Touch left toe out, in, out, in (twist right heel in, out, in, out as you do this)

S2: Left Vine ¼ Turn Touch. Touch Right Toe Out, In, Heel, Hook.

1 - 2	Step left to left side, cross right behind left
3 -4	Make ¼ turn left stepping forward left, touch right at side of left (9 o'clock)
5- 6	Touch right toe out, in
7- 8	Touch right heel forward, hook right over left shin

S3: R Lock Forward, Brush, L Lock Forward, Step ½ Turn, ½ Turn, Sweep, Step Sweep, Step Sweep.

1&2&	Step fwd right, lock left behind right, step fwd right, brush left at side of right
3&4	Step fwd left, lock right behind left, step fwd left
5&6	Step fwd right, make ½ pivot turn onto left, make ½ turn left stepping back right. (or right mambo step)
&7	Sweep left anti-clockwise, step back left
&8	Sweep right clockwise, step back right
&	Sweep left anti-clockwise

S4: Coaster Step Lock Step, Lock Step Step.1/2 Pivot Turn. Step ¼ Cross.

1&2&	Step back left, step back right, step forward left, lock right behind left
3&4&	Step forward left, step forward right, lock left behind right, step forward right
5 -6	Step fwd left, make ½ pivot turn right onto right (3 o'clock)
7&8	Step fwd left, make ¼ turn right onto right, cross left over right (6 o'clock)

S5: 2 x ¼ Monterey Turns. Slow R Jazz Box, Cross, Side

1&2&	Point R to R side, make ¼ turn R stepping R at side of L. Point L to L side, step L at side of R (9 o'clock)
3&4&	Point R to R side, make ¼ turn R stepping R at side of L. Point L to L side, step L at side of R (1
2	o'clock)
5,6,7	Cross right over left, step back left, step right to right side
8&	Cross left over right, step right to right side

S6: Slow Jazz Box, Syncopated Weave. Cross. Rock ¼ Turn Ball Step

1,2,3&	Cross left over right, step back right, step left to left side, cross right over left
4&5	Step left to left side, cross right behind left, step left to left side
6	Cross right over left
7&8&	Rock L to L side, recover weight onto R making ¼ turn R, step fwd L, step R at side of L (3 o'clock)

S7: L Mambo Forward, R Coaster Step. L Fwd Rock, Side Rock, Behind Side Cross.

1&2	Rock fwd left, recover weight onto right, take large step back left
3&4	Step back right, step back left, step forward right
5&	Rock fwd left, recover weight onto right
6&	Rock left to left side, recover weight onto right

7&8	Cross left behind right, step right to right side, cross left over right

Thanks to Glen Douglas for suggesting this track.

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