Bones

拍数: 32   **墙数:** 2   **级数:** Beginner

编舞者: William Sevone (UK)

音乐: Bad To The Bone - George Thorogood

2X KNEE BEND-HIP BUMP, KNEE BEND, KICK (12:00)

1-2	Bend knees slightly forward, straightening up - bump hips to the right
3-4	Bend knees slightly forward, straightening up - bump hips to the left
5-6	Bend knees slightly forward, straightening up - kick right foot slightly to the right
7	Step right foot next to left bending knees slightly forward
8	Straightening up - kick left foot slightly to the left

KNEE BEND, KICK, 2X KICK BACK STEP, STEP FORWARD, PIVOT ½ RIGHT (6:00)

9-10	(Large step) cross step left foot behind right, step onto right foot

There will be a natural bend to the knees during the above two counts

11&12	Kick left foot forward, step left foot backward, step onto right foot
13&14	Kick left foot forward, step left foot backward, step onto right foot
15-16	Step forward onto left foot, pivot ½ right (weight on right)

STEP FORWARD, PIVOT ½ RIGHT, SIDE STEP, HIP BUMPS LEFT, HIP BUMPS RIGHT, TOGETHER (12:00)

17-18	Step forward onto left foot, pivot ½ right (weight on right)
19	Step left foot slightly to left side
20-21	While transferring weight fully to left foot - bump hips twice to the left
22-23	While transferring weight fully to right foot - bump hips twice to the right

On counts 20-23, the rise and fall technique to be used

24	Step left foot next to right

2X STEP FORWARD-PIVOT ¼ LEFT-TOGETHER-CLAP OR SNAP (6:00)

25-26	Step right foot forward, pivot ¼ left (weight on left)
27-28	Step right foot next to left (no weight), clap hands or hip level finger snap
29-30	Step right foot forward, pivot ¼ left (weight on left)
31-32	Step right foot next to left, clap hands or hip level finger snap

REPEAT