

# Feel You In My Bones

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Phrased Intermediate  
編舞者: Benjamin Harris (AUS) - August 2018  
音樂: Bones - Jess & Matt : (iTunes)  
或: Bones (Acoustic) - Jess & Matt : (iTunes)



Starting position: Feet together weight on left. Intro: 16 counts. Walls: 2. Counts: Total 64, 32 each section

## Part A: 32 counts

### A1: Step, Shuffle forward, Rocking chair-forward rock recover-shuffle backward

1, 2 & 3,      Step forward R, shuffle forward stepping L-R-L  
4 & 5 &      Rock forward on R, recover back L, rock back R, recover forward L  
6 & 7 & 8      Rock forward R, recover back L, shuffle backward stepping R-L-R (12:00)

### A2: Out-Out-Together-Shuffle across, Step side, Sailor step, ¼ Sailor step

& 1 &      Step L to L side, step R to R side, step L together  
2 & 3, 4      Shuffle across stepping R-L-R, Step L to L side  
5 & 6, 7 & 8      Sailor step stepping R-L-R, ¼ turn L sailor step stepping L-R-L (9:00)

### A3: Pivot ½ turn, Paddle ¼ turn, Across-&-Heel-&-Shuffle across

1, 2, 3, 4      Step R forward, pivot ½ turn L, step R forward, pivot ¼ turn L  
5 & 6 &      Step R across L, step L slightly to L side, touch R heel diagonally forward, step R together  
7 & 8      Shuffle across stepping L-R-L (12:00)

### A4: Side shuffle, Back rock recover, ¼ turn, ¼ turn, Shuffle across

1 & 2, 3, 4      Side shuffle stepping R-L-R, rock back L, recover R  
5, 6, 7 & 8      ¼ turn stepping L back, ¼ turn stepping R to R side, Shuffle across stepping L-R-L (6:00)

## Part B (only danced to the back wall): 32 counts

### B1: Side, Hold, Behind, ¼ turn, Forward rock recover-Together- Forward rock recover-Together

1, 2, 3, 4      Step R to R side, hold, step L behind R, step right forward turning ¼ R  
5, 6 &      Step L forward, recover back R, step L together  
7, 8 &      Step R forward, recover back L, step R together (3:00)

### B2: Pivot ½ turn, Shuffle forward, Out-Out (on heels)-In-In-Out-Out (feet flat)-In-In (fast V steps)

1, 2, 3 & 4      Step L forward, pivot ½ turn R, shuffle forward stepping L-R-L  
& 5 & 6      Step out onto heels stepping R-L, step together stepping R-L  
& 7 & 8      Step out with feet flat stepping R-L, step together stepping R-L (option to do both on flat feet)  
(9:00)

### B3: Step across, Back, ¼-Across, Side, Back rock recover, Side-Touch-Side-Touch

1, 2 &      Step R across in front of L, step L back, step R together turning ¼ R  
3, 4      Step L across in front of R, step R to R side  
5, 6      Rock L behind R, recover forward R  
& 7 & 8      Jump L to L side, touch R together, jump R to R side, touch L together (12:00)

### B4: Forward-Together-Bounce-Back-Together-Bounce, Step-Lock-Step, Step-Lock-Step

& 1 & 2      Step L forward, step R together, lift heels, drop heels weight on L  
& 3 & 4      Step R back, step L together, lift heels, drop heels weight on L  
5 & 6      Lock step forward stepping R-L-R  
7 & 8      Lock step forward stepping L-R-L (12:00)

Sequence: A B B A A B B A A B A. A usually danced on verse or main chorus, B always danced to the back

wall.  
No Tags or Restarts.

Contact: [ben.harris245@gmail.com](mailto:ben.harris245@gmail.com)  
Enjoy!

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