

Dem Bones

拍數: 32 牆數: 4 級數: Improver
編舞者: Anne Harris (UK) & Steve Yoxall (UK)
音樂: Drinkin' Bone - Tracy Byrd



TOE AND HEEL SWITCHES, KICK BALL CHANGE, KNEE ROLLS MAKING ¼ TURN LEFT

- 1 Point right toes out to right side
- &2 Switch and point left toes out to left side
- &3 Switch and touch right heel forward
- &4 Switch and touch left toe behind
- 5&6 Kick left forward, small step back on left, recover weight on to right
- 7 Roll left knee to the left at same time as making ¼ turn left
- 8 Roll right knee to the left (weight on right)

ROCK, RECOVER, ROCK AND SIDE, TOE AND HEEL SWIVELS

- 1-2 Left rock forward, recover weight back on to right
- 3&4 Left rock back, recover weight on to right, left step slightly to left side
- 5 Traveling to left side bring heels towards each other
- & Bring toes towards each other
- 6 Bring heels towards each other
- & Bring toes towards each other
- 7 Bring heels towards each other
- & Bring toes towards each other
- 8 Bring heels towards each other

All these moves are traveling steps like a side winder movement

Easy option: just swivel heels, toes, heels, toes, heels, toes, heels to left side

STEP, TOGETHER, STEP, TOGETHER, STEP, ROCK, RECOVER, LEFT ½ TURN SHUFFLE

- 1-2 Right step forward, left instep close to right heel (3rd position)
- 3&4 Right step forward, left instep to right heel, right forward
- 5-6 Rock forward on to left, recover weight back on to right
- 7&8 Turning to left make ½ turn and shuffle forward left, right, left

STEP, ½ PIVOT, OUT, OUT, SWAY RIGHT, LEFT, RIGHT, LEFT

- 1-2 Right step forward, pivot ½ turn left (weight on left)
- 3-4 Step right to right side, step left to left side
- 5-8 Sway hips to right, left, right, left (weight ends up on left)

REPEAT

RESTART

On the 6th wall (you will start facing 9:00) do the first 28 counts of the dance (drop the hip sways) and then restart from the beginning.

ENDING

After you restart the dance go up to the ½ turn pivot, add a step ¼ turn pivot. You will now be facing the front and then sway.