

In Our Bones

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Count: 48

Wall: 4

Level: Intermediate

Choreographer: Gudrun Schneider & Dwight Meessen – March 2020

Music: "In My Bones" by Ray Dalton (single) 98 Bpm

Intro 16 counts

Side-Touch-Side, Behind-Side-Cross, Rock Side Recover, $\frac{1}{4}$ L Coaster

1&2RF step side, LF touch beside, LF step side

3&4RF cross behind, LF step side, RF cross over

5-6LF rock side, RF recover

7&8LF $\frac{1}{4}$ left step back, RF together, LF step forward [9]

Ball Fwd-Fwd, Mambo Fwd, Back/Sweep, $\frac{1}{4}$ L Sailor Into Cross Shuffle

&1-2RF step beside on ball foot, LF step forward, RF step forward

3&4LF rock forward, RF recover, LF step slightly back

5-6&RF step back and sweep LF back, LF $\frac{1}{4}$ left cross behind, RF step beside

7&8LF cross over, RF step side, LF cross over [6]

Scuff/Hitch-Rock Side Recover, Ball Fwd, Fwd, Rock Fwd Recover, Shuffle $\frac{3}{4}$ L

&1-2RF scuff and hitch, RF rock side, LF recover

&3-4RF step beside on ball foot, LF step forward, RF step forward

5-6LF rock forward, RF recover

7&8LF $\frac{1}{2}$ left step forward, RF step beside, LF $\frac{1}{4}$ left step forward [9]

$\frac{1}{4}$ L Back, $\frac{1}{2}$ L Fwd, Fwd, Mambo Fwd, Back-Point x2, Walk Fwd x2

&1-2RF $\frac{1}{4}$ left step back, LF $\frac{1}{2}$ left step forward, RF step forward

3&4LF rock forward, RF recover, LF step slightly back

5&6RF step back, LF point forward, LF step back, RF point forward

7-8RF step forward, LF step forward [12]

Ball Side-Touch, Side, Behind- $\frac{1}{4}$ R Fwd-Fwd, Rock Fwd Recover, Ball Point, Heel Swivel

&1&2RF step beside on ball foot, LF step side, RF touch beside, RF step side and swivel L toes left

3&4LF cross behind, RF $\frac{1}{4}$ right step forward, LF step forward

5-6RF rock forward, LF recover

&7RF step beside, LF step forward on toes

&8L+R swivel heels left, L+R return heels [3]

$\frac{1}{2}$ L Fwd, $\frac{1}{4}$ L Side, Sailor, $\frac{1}{4}$ R Sailor, Chase Full Turn R/Knee Pop

1-2LF $\frac{1}{2}$ left step forward, RF $\frac{1}{4}$ left step side

3&4LF cross behind, RF step beside, LF step side

5&6RF $\frac{1}{4}$ right cross behind, LF step beside, RF step slightly forward

7&8LF step forward, L+R $\frac{1}{2}$ turn right, LF $\frac{1}{2}$ right step back and pop R knee [9]

Start again