

# In My Bones

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**Count:** 32                      **Wall:** 2                      **Level:** Intermediate

**Choreographer:** Amanda Rizzello - Jan 2017

**Music:** In My Bones - Ron Pope

**(1-8) STEP SWEEP, CROSS, STEP SWEEP, BEHIND SIDE CROSS, ROCK STEP, SIDE ROCK STEP, ¼ TURN STEP**

1-2&RF forward, with L sweep , LF cross over R , RF to side R

3-4&LF backward with R sweep ,RF behind left, LF to side left

5-6&RF cross over left, recover on left, RF to side right

7-8&LF cross over right, recover on right , ¼ turn left LF forward

**(9-16) WALK X2,MAMBO STEP , ½ TURN,FULL TURN,SWAY X2**

1-2RF walk, LF walk

3&4RF forward, recover on left ,RF backward

5-6&½ turn left LF forward , ½ turn left RF backward , ½ turn left, LF forward

7-8                      Sway Right ( RF to side ),sway Left (recover on left)

**(17-24) DIAMONDS FALLAWAY, TOUCH BEHIND 3/8 TURN**

1-2&RF to side right, 1/8 turn left LF backward, RF backward

3-4& 1/8 turn left , LF side left, 1/8 turn left RF forward, LF forward

5-6& 1/8 turn right, RF side right , 1/8 turn left LF backward RF backward

7-8                      Touch L behind , 3/8 turn L(recover on L) 3:00

**(25-32) BASIC NIGHT-CLUB, ¼ TURN ROLLING VINE,ROCK STEP ,1/4 TURN STEP,CROSS,SPIRAL**

1-2&RF side right, LF beside right ,RF cross over left

3-4&¼ turn left LF forward , ½ turn left RF backward, ¼ turn left LF side left

**5-6&RF cross over left, recover on left ,  $\frac{1}{4}$  turn right RF forward**

**7-8LF cross over right, spiral full turn (weight on left) 6:00**

**Contact : [amanda\\_19@hotmail.fr](mailto:amanda_19@hotmail.fr) - <http://amanda19302.wixsite.com/arclid>**

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