

## Bones

32 count, 2 wall, beginner level

Choreographer: William Sevone (Oct 2004)

Choreographed to: Bad To The Bone by George

Thorogood - Greatest Hits (100 bpm)

Choreographers note:- The music is phrased - the dance is not. Ideally suited for established beginners within the new levels. This is one of those dances where 'attitude' is a key word.. in both thought and deed. Get sassy with it... and have a little fun.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts on the vocals with feet together and weight on the left foot.

### 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 Backstep. Step Fwd. Pivot 1/2 Right (6:00)

- 9 - 10 (large step) Cross step left foot behind right. Step onto right foot.
- Dance note: 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 1/2 right (weight on right).

### Step Fwd. Pivot 1/2 Right. Side Step. Hip Bumps Left. Hip Bumps Right. Together (12:00)

- 17 - 18 Step forward onto left foot. Pivot 1/2 right (weight on right).
- 19 Step left foot slightly to left side
- 20 - 21 Whilst transferring weight fully to left foot - bump hips twice to the left
- 22 - 23 Whilst transferring weight fully to right foot - bump hips twice to the right.
- Dance note: Counts 20-23: The rise and fall technique to be used.
- 24 Step left foot next to right.

### 2x Step Fwd-Pivot 1/4 Left-Together-Clap or Snap (6:00)

- 25 - 26 Step right foot forward. Pivot 1/4 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 1/4 left (weight on left).
- 31 - 32 Step right foot next to left. Clap hands or hip level finger snap.

Other music suggestions:

LeAnn Rimes	Blue (92 bpm)
Alannah Myles	Black Velvet (96 bpm)
Alan Jackson	She's got the rhythm (96 bpm)
Etta James	I just wanna make love to you (107 bpm)
Clare Teal	I just wanna make love to you (107 bpm)