

Bones

32 count, 4 wall, intermediate level
Choreographer: Bill Bader (Can) 2005
Choreographed to: Hambone by Carl Perkins (124 bpm), Born To Rock or Best Of; This Thing Called Love by Rita MacNeil (106 bpm)

Intro: 32 counts (Begin with the words)

FWD PRESS & KICK, COASTER STEP, FWD, ROCK, BACK FULL TURN ON 2 STEPS

- 1&2 Press R fwd with weight, Rock back onto L, Kick R fwd
3&4 Step R back, Step L beside R, Step R fwd
5-6 Step L fwd, Rock back onto R
7-8 Step L back turning 1/2 left, Step R fwd turning another 1/2 left
Styling: As you complete the turn, sweep L toe out counterclockwise

SAILOR ENDING FWD, CROSS-BALL-CHANGE WITH A 1/4 TURN RIGHT, QUICK WEAVE RIGHT: CROSS, SIDE, BEHIND, 1/4 TURN RIGHT, FWD, BRUSH

- 1&2 Cross Step L behind R, Step R to right side, Step L forward angled left
3 Cross Step R over L with R toe angled right
&4 Step ball of L fwd, Turn 1/4 right shifting weight onto R
5& Cross Step L over R, Step R to right
6& Cross Step L behind R, Step R to right turning 1/4 right
7-8 Step L fwd, Brush R foot forward

SHUFFLE BACK, 1/2 TURN LEFT, SHUFFLE FWD, CROSS-SIDE-ROCK, CROSS-SIDE-ROCK

- 1&2 Step R back, Slide/Step L beside R, Step R back
& Turn 1/2 left
3&4 Step L fwd, Slide/Step R beside L, Step L fwd
5&6 Cross Step R over L, Step L to left side, Rock onto R
7&8 Cross Step L over R, Step R to right side, Rock onto L

2 SAILORS MOVING BACK, CROSS BEHIND, TURN ¼ LEFT, FULL SPIN FWD, STEP FWD

- 1&2 Cross Step R back behind L, Step L to left side, Step R to right side
3&4 Cross Step L back behind R, Step R to right side, Step L to left side
5-6 Cross Step R behind L, Step L to left side turning 1/4 left
7-8 Step R fwd completing a full turn to left (360 ccw), Step L fwd (ends facing 9:00 wall)
Note: To simplify 7-8 here, make them simple walking steps forward.

End of pattern... Begin again. No "special events"!

"This Thing Called Love" is a perfectly good option for those who find "Hambone" too fast. Intro: 16 counts. For very slow, or for teaching: "Strong Enough To Bend" by Tanya Tucker. Intro: 48 counts.
