

## **AB In My Bones**

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 48 Count 1 Wall Absolute Beginner Level Dance.

Choreographed by: Martine Canonne (FR) & Valerie Ardhuin (FR) Nov 2020

Choreographed to: In My Bones (Malik Montana Remix) by Ray Dalton

Intro: 16 Counts. Start on vocal at approx 10 secs.

## Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 1-2 3&4 5-6 7&8	OUT-OUT FWD, TRIPLE ON THE SPOT, OUT-OUT BACK, TRIPLE ON THE SPOT Step RF diagonal right fwd, step LF diagonal left fwd Triple step on the spot by returning to center RF-LF-RF (Option difficult Anchor Step) Step LF diagonal left back, step RF diagonal right back Triple step on the spot by returning to center LF- RF-LF (Option difficult Anchor Step)
SEC 2 1-2 3&4 Contra 5-6 7&8 Contra	SWAYS R & L, TRIPLE SIDE R, SWAYS L & R, TRIPLE SIDE L  Step RF to right with sway right, sway left  Triple side right stepping RF to right side, step LF next to RF, step RF to right side  The line move to the right but just one dancer  Sway left, sway right  Triple side left stepping LF to left side, step RF next to LF, step LF to left side  The line move to the left and return to starting position
SEC 3 1-2 3&4 Contra 5-6 7&8	WALKS R & L, TRIPLE R FWD, ROCK STEP, TRIPLE ON THE SPOT Step RF fwd, step LF fwd Triple step fwd stepping RF fwd, step LF next to RF, step RF fwd The dancers walk and cross the line in front to come together back to back Step LF fwd, recover onto RF Triple step on the spot (Option difficult Anchor Step)
SEC 4 1-2 3&4 Contra 5-6 7&8	BACKS R & L, TRIPLE R BACK, ROCK BACK, TRIPLE STEP L  Step RF back, step LF back Triple step back stepping RF back, step LF next to RF, step RF back The dancers step back and return to starting position  Step LF back, recover RF  Triple step fwd stepping LF fwd, step RF next to LF, step LF fwd
SEC 5 1-4 Contra 5-6 Contra 7-8 Contra	WALKS W/FULL TURN R, STEP SLIGHTLY DIAGONAL FWD & DRAG R & L  Make a full turn to the right with 4 steps starting RF-LF-RF-LF  The dancers turn in place to return to the stating position  Step RF slightly diagonal right fwd, drag LF  The dancers walk diagonally right facing the dancer positioned opposite  Step LF slightly diagonal left fwd, drag RF (12:00)  The dancers walk diagonally left and the lines are back to back
SEC 6 1-4 Contra 5-6 7-8	WALKS W/FULL TURN R, STEP SLIGHTLY DIAGONAL BACK & DRAG L & R  Make a full turn to the right with 4 steps starting RF-LF-RF-LF  The 2 lines start back to back and make a complete circle at the same time to come back face to face and you will find yourself on your starting line of the dance  Step RF slightly diagonal right back, drag LF  Step LF slightly diagonal left back, drag (12:00)

