

My Bones



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 80 Count 2 Wall Advanced Level Dance.

Choreographed by: Rhoda Lai (CAN) Mar 2023

Choreographed to: Bones by Imagine Dragons

Intro: 4 Counts. Start at approx 4 secs.

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

SEC 1 1-2& 3&4 5-6 7&8	DOROTHY, LOCK STEPS, FORWARD ROCK, SHUFFLE ½ Step R to R diagonal, step L behind R, step R slightly forward Step L to L diagonal, step R behind L, step forward L (10:30) Rock forward R, recover onto L ½ R stepping R forward, step L behind R, step R slightly forward (4:30)
SEC 2 1-2 3&4 5-6 7&8	CROSS, BACK, CHASSE ¼, PIVOT ½ X2, CLAP X2 Cross L over R, step R back (pushing hips back, squaring back to 3:00 (3:00) Step L to L side, step R beside L, ¼ L stepping L forward (12:00) Step forward R, pivot ½ L (6:00) Step forward R, pivot ½ L recovering on to L and clap, clap (12:00)
Restart	Here on Wall 3
SEC 3 1&2 3-4 5&6 7-8	Scuff Out Out, KNEE POPS X2, CHASSE ¼, PIVOT ¼ Scuff R, step R to R side, Step L to L side Pop R knee in towards L, Pop L knee in towards R Step L to L side, step R beside L, ¼ L stepping L forward (9:00) Step forward R rolling hips counter-clockwise, ¼ L recovering onto L (6:00)
SEC 4 1-2 &3&4 5-6 7-8 Option	FORWARD ROCK, OUT OUT IN IN, PIVOT ½, ½ POINT, TOUCH Rock forward R, recover onto L Step R to R side, step L to L side, step R to the center, step L next to R Step forward R, pivot ½ L (12:00) ½ L point R to R side, touch R next to L (6:00) Rock forward R, recover onto L, rock back R, recover onto L
SEC 5 1-2 &34 5-6 &78	STOMP, HOLD, CROSS ARMS, HOLD, ¼, FIST PUNCH, HOLD, FIST PUNCH, FLICK Stomp R to R side bending elbows at 90 degrees to the sides with fists closed, hold Cross arms in front of chest, bring elbows back to the sides (as in count 1), hold ¼ L lean body forward and lower L arm at chest level while punching R fist above L arm, hold (3:00) Pull R arm back, Punch R fist under L arm, flick R foot back

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SEC 6 1-2&3 4-5-6 &7 &8	FORWARD, HOLD, DROP, DROP, PIVOT ½, ¼ OUT, OUT, KNEE POPS X2 Step forward R, hold, bend both knees, further drop body level with weight remain on R Pivot ½ L, ¼ L stepping R to R side, step L to L side (6:00) Pop both knees, lower heels slapping hands on thighs Pop both knees, lower heels slapping hands on thighs
SEC 7 1-2 3-4 5&6 7-8	UPPER BODY SWAY X3, CLOSE, KICK, CROSS SHUFFLE, PRESS, RECOVER, KICK Step R to R side swaying upper body to R, sway L Sway R, step L the center while kicking R to the side Cross R over L, step L to L side, Cross R over L Press L to L diagonal, recover onto R kicking L forward
SEC 8 1& 2&3 4 5&6 7-8	BEHIND, SIDE, CROSS SHUFFLE, BACK, CHASSE, CROSS, UNWIND ½ Step L behind R, step R to R side Cross L over R, step R to R side, Cross L over R Step R back Step L to L side, step R beside L, step L to L side Cross R over L, unwind ½ L ending weight on L (12:00)
SEC 9 1&2& 3&4 &5&6 &7 &8&	TOE SWITCHES, KNEE POPS, HEEL SWITCHES, HIP LIFT Point R to R side, step R beside L, point L to L side, step L beside R Point R to R side, pop both knees, lower heels Step R beside L, touch L heel forward, step L beside R, touch R heel forward Step R beside L, touch L heel forward Push hips forward, push hips back, step L beside R
SEC 10 1-2& 3-4& 5-6 7-8	SYNCOPATED FORWARD ROCK X2, PIVOT ½, ½, ½ Rock forward R, recover onto L, step R beside L Rock forward L, recover onto R, step L beside R Step forward R, pivot ½ L ½ L stepping R back, ½ L stepping L forward (6:00)

