

Dem Bones

32 count, 4 wall, beginner/intermediate level

Choreographer: Steve Yoxall and Anne Harris (UK) Sept 2003

Choreographed to: Drinkin' Bone by Tracy Byrd from

The Truth About Men Cd. (104bpm)

Start on vocals

TOE AND HEEL SWITCHES; KICK BALL CHANGE; KNEE ROLLS MAKING 1/4 TURN LEFT

- 1&2 Point Right toes out to right side, Switch and point Left toes out to left side
&3&4 Switch and touch right heel forward, Switch and close left next to right
5&6 Kick right forward, small step back on right, touch left toe behind
7 Roll left knee in anti-clockwise direction at same time as making 1/4 turn left
8 Roll right knee in anti-clockwise direction (weight on right)

ROCK; RECOVER; ROCK AND SIDE; TOE AND HEEL SWIVELS

- 1-2 Left rock forward, recover weight back on to right
3&4 Left rock back, recover weight on to right, left step slightly to left side
5 Travelling to left side bring heels towards each other
&6 Bring toes towards each other, Bring heels towards each other
&7 Bring toes towards each other, Bring heels towards each other
&8 Bring toes towards each other, Bring heels towards each other
(all these moves are travelling steps like a side winder movement)

EASY OPTION: Just swivel heels, toes, heels, toes, heels, toes, heels to left side

STEP; TOGETHER; STEP, TOGETHER, STEP; ROCK; RECOVER; L 1/2 TURN SHUFFLE

- 1-2 Right step forward, Left instep close to right heel (3rd position)
3&4 Right step forward, Left instep to right heel, Right forward
5-6 Rock forward on to left, recover weight back on to right
7&8 Turning to left make 1/2 turn and shuffle forward left, right, left

STEP; 1/2 PIVOT; OUT;OUT; SWAY R.L.R.L

- 1-2 Right step forward, pivot 1/2 turn left (weight on left)
3-4 Step right to right side, step left to left side
5-8 Sway hips to right, left, right, left (weight ends up on left)

Restart : On the 6th wall (you will start facing 9.00) do the first 28 counts of the dance (drop the hip sways) and then restart from the beginning.

Ending! After you restart the dance go up to the /12 turn pivot, add a step 1/4 turn pivot – you will now be facing the front and then sway!