

Feeling In My Bones

COPPER **KNOB**
BY THE POSTAL SERVICE

Count: 48

Wall: 4

Level: Improver

Choreographer: Marianne LANGAGNE (FR) - 11 September 2020

Music: Ray Dalton - In My Bones



Intro: 16 Counts - No Tag - No Restart

Final: At counts 47 - 48 : ½ Turn R-RF FWD, Touch to end the dance at 12 p.m.

[1 - 8] ½ TURN R, TRIPLE BACK , ROCK BACK , TRIPLE BACK ON ½ TURN R.

- 1 - 2 RF FWD, LF Back on ½ Turn R (6a.m)
- 3 & 4 RF Back, Together, RF Back
- 5 - 6 LF Back, Recover
- 7 & 8 LF Back on ½ Turn R, Together, LF Back (12 p.m)

[9 - 16] TOGETHER, STEP, POINT, CROSS, POINT, KICK BALL TOUCH, SWITCH, TOUCH, POINT, TOGETHER

- &1-2 Together, LF FWD, R Point to the R
- 3 - 4 Cross RF Over LF, L Point to the L
- 5 & 6 Kick L FWD, Together, Touch R next to LF
- &7&8 R Ball next to LF, Touch L next to RF, L Ball next to RF, R point to the R
- & Together (weight on RF)

[17 - 24] CROSS, ½ TURN L., SIDE SHUFFLE L., CROSS ROCK, SHUFFLE ON ¼ TURN R.

- 1 - 2 Cross LF over RF, RF back on ¼ turn L (9a.m)
- 3 & 4 LF to the L on ¼ Turn L (6a.m), Together, LF to the L
- 5 - 6 Cross RF over LF, Recover
- 7 & 8 ¼ Turn R-RF FWD, Together, RF FWD (9a.m)

[25 - 32] WALK L - R, L. ANCHOR STEP, BACK R - L, TOGETHER, LARGE STEP FWD , SWEEP

- 1 - 2 LF FWD, RF FWD
- 3 & 4 LF Behind RF, weight on RF, Weight on LF
- 5 - 6 RF Back, LF Back
- &7-8 Together, Large Step LF FWD, Sweep RF BWD to FWD

[33 - 40] HEEL TAP, HEEL FAN, HITCH , SAILOR STEP, BEHIND SIDE STEP, STEP ½ TURN L.

- 1 & 2 Tape R Heel on floor, R Heel Outside, Return
- &3&4 Hitch R, Cross RF behind LF, LF to the L, RF to the R
- 5 & 6 Cross LF Behind RF, RF to the R, LF FWD
- 7 - 8 RF FWD, ½ Turn L (weight on LF) (3a.m)

[41 - 48] LARGE STEP FWD, SWEEP R - L, ROCKING CHAIR

- 1 - 2 Large Step RF FWD, Sweep LF BWD to FWD
- 3 - 4 Large Step LF FWD, Sweep RF BWD to FWD
- 5 - 6 RF FWD, Recover
- 7 - 8 RF BWD, Recover

ENJOY !!!

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