

Rhythm Bone

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Description : 56 temps, 4 murs, Novice,
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Musique : Rhythm Bone by The Tractors –
iTunes etc [Trade Union album]



**Count In : 24 counts from start of heavy beat – 27
seconds in with lyrics**

S1: Right Vine Touch. Touch Left Toe Out, In, Out, In with Right Heel Twist

1 -2 Step right to right side, cross left behind right, step right to right side, touch left at side of right

5 -8 Touch left toe out, in, out, in (twist right heel in, out, in, out as you do this)

S2: Left Vine ¼ Turn Touch. Touch Right Toe Out, In, Heel, Hook.

1 – 2 Step left to left side, cross right behind left

3 -4 Make ¼ turn left stepping forward left, touch right at side of left (9 o'clock)

5- 6 Touch right toe out, in

7- 8 Touch right heel forward, hook right over left shin

S3: R Lock Forward, Brush, L Lock Forward, Step ½ Turn, ½ Turn, Sweep, Step Sweep, Step Sweep.

1&2& Step fwd right, lock left behind right, step fwd right, brush left at side of right

3&4 Step fwd left, lock right behind left, step fwd left

5&6 Step fwd right, make ½ pivot turn onto left, make ½ turn left stepping back right.
(or right mambo step)

&7 Sweep left anti-clockwise, step back left

&8 Sweep right clockwise, step back right

& Sweep left anti-clockwise

S4: Coaster Step Lock Step, Lock Step Step. 1/2 Pivot Turn. Step ¼ Cross.

1&2& Step back left, step back right, step forward left, lock right behind left

3&4& Step forward left, step forward right, lock left behind right, step forward right

5 -6 Step fwd left, make ½ pivot turn right onto right (3 o'clock)

7&8 Step fwd left, make ¼ turn right onto right, cross left over right (6 o'clock)

S5: 2 x ¼ Monterey Turns. Slow R Jazz Box, Cross, Side

1&2& Point R to R side, make ¼ turn R stepping R at side of L. Point L to L side, step L at side of R (9 o'clock)

3&4& Point R to R side, make ¼ turn R stepping R at side of L. Point L to L side, step L at side of R (1

2o'clock)

- 5,6,7 Cross right over left, step back left, step right to right side
8& Cross left over right, step right to right side

S6: Slow Jazz Box, Syncopated Weave. Cross. Rock ¼ Turn Ball Step

- 1,2,3& Cross left over right, step back right, step left to left side, cross right over left
4&5 Step left to left side, cross right behind left, step left to left side
6 Cross right over left
7&8& Rock L to L side, recover weight onto R making ¼ turn R, step fwd L, step R at side of L (3 o'clock)

S7: L Mambo Forward, R Coaster Step. L Fwd Rock, Side Rock, Behind Side Cross.

- 1&2 Rock fwd left, recover weight onto right, take large step back left
3&4 Step back right, step back left, step forward right
5& Rock fwd left, recover weight onto right
6& Rock left to left side, recover weight onto right
7&8 Cross left behind right, step right to right side, cross left over right

Thanks to Glen Douglas for suggesting this track.

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