



## ***Dem Bones***

Choreographer : Steve Yoxall and Anne Harris, Heroes and Villains,  
Cheltenham, UK (Sept '03)

**CD 2212-12**

Dance written for : Drinkin' Bone by Tracy Byrd from The Truth About Men Cd. 104bpm – 4 Wall 32 count Improve Level

Start on vocals

### **Toe And Heel Switches; Kick Ball Change; Knee Rolls Making 1/4 Turn Left**

- 1 Point Right toes out to right side
- &2 Switch and point Left toes out to left side
- &3 Switch and touch right heel forward
- &4 Switch and touch left toe behind
- 5&6 Kick left forward, small step back on left, recover weight on to right
- 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 & Bring toes towards each other
- 6 Bring heels towards each other & Bring toes towards each other
- 7 Bring heels towards each other & Bring toes towards each other
- 8 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)

### **START AGAIN**

**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 1/2 turn pivot, add a step 1/4 turn pivot - you will now be facing the front and then sway!