

Rolling Stone

Choreographer: Niels Poulsen (Denmark)

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Type of dance: 48 counts, 2 walls, intermediate (style: west coast swing)
 Music: **In my bones** by Ray Dalton. Track length: 3:11. Buy on iTunes, etc.
 Intro: 16 counts (app. 11 secs into track). **Start with weight on L foot**
 NOTE: NO TAGS – NO RESTARTS 😊

Counts	Footwork	End facing
1 – 8	Walk R L, R anchor sweep, L sailor 1/8 L, step R fwd, ¼ R jump to L, together with R	
1 – 2	Walk R fwd (1), walk L fwd (2)	12:00
3&4	Step R behind L (3), change weight to L (&), step R backwards sweeping L out to L side (4)	12:00
5&6	Cross L behind R (5), turn 1/8 L stepping R a small step to R side (&), step L fwd (6)	10:30
7&8	Step R fwd (7), turn ¼ R jumping L a big step to the L side (&), step R next to L (8) ... <i>Note: be careful to not over rotate body to 3:00. Your body must be facing 1:30</i> 😊	1:30
9 – 16	L side rock, recover ¼ R, travelling samba steps L&R, fwd L, swivel heels LR	
1 – 2	Rock L to L side (1), recover onto R turning ¼ R (2)	4:30
3&4	Step L fwd and slightly over R (3), rock R to R side (&), recover on L stepping L slightly fwd (4) ... <i>body facing 4:30</i>	4:30
5&6	Step R fwd and slightly over L (5), rock L to L side (&), recover on R stepping R slightly fwd (6) ... <i>body facing 4:30</i>	4:30
7&8	Place L foot fwd (7), swivel both heels to L side (&), swivel heels back again (8) ... <i>weight R</i>	4:30
17 – 24	L back rock, lock ½ R, back rocking chair	
1 – 2	Rock back on L (1), recover on R (2)	4:30
3&4	Turn ¼ R stepping L to L side (3), cross R over L (&), turn ¼ R stepping back on L (4)	10:30
5 – 6	Rock back on R (5), recover fwd on L (6) ... <i>Optional styling for count 5: bend both knees and lift L heel at the same time hitting the word DOWN during chorus (only walls 2, 4 and 6)</i>	10:30
7 – 8	Rock R fwd (7), recover back on L (8)	10:30
25 – 32	& heel jack, step L down, R samba step, heel grind ¼ back, L coaster step	
&1 – 2	Step R back (&), touch L heel fwd (1), recover fwd onto L (2)	10:30
3&4	Cross R over L (3), rock L to L side squaring up to 12:00 (&), recover weight to R (4)	12:00
5 – 6	Cross L heel over R (5), grind ¼ L on L foot stepping back on R (6)	9:00
7&8	Step back on L (7), step R next to L (&), step fwd on L (8)	9:00
33 – 40	R Dorothy step, L syncopated vine, cross over, long step slide L, ball cross	
1 – 2&	Step R into R diagonal (1), lock L behind R (2), step R into R diagonal (&)	9:00
3 – 4&	Step L to L side (3), cross R behind L (4), step L to L side (&)	9:00
5 – 7	Cross R over L (5), step L a big step to L side (6), slide R towards L (7) ... <i>(Note: hit the word OOOOH during the verse)</i>	9:00
&8	Step R next to L (&), cross L over R (8)	9:00
41 – 48	R side rock, recover ¼ L, full turn L, rock R fwd, jump back R, jump back L, clap x 2	
1 – 2	Rock R to R side (1), when recovering to L turn ¼ L onto L (2)	6:00
3 – 4	Turn ½ L stepping back on R (3), turn ½ L stepping L fwd (4)	6:00
5 – 6	Rock R fwd (5), recover back on L (6)	6:00
&7&8	Jump back on R (&), jump back on L (7), clap hands (&), clap hands (8)	6:00
	START AGAIN	
Ending	No particular ending needed as you end facing 12:00 naturally when finishing your last wall	12:00