

Skin and Bones

Choreographers:
Roy Verdonk, NL & Malene Jakobsen, Denmark
royverdonkdancers@gmail.com
lovelinedance@live.dk
October 2017

Type of dance:	48 count, 2 wall line dance	
Level:	High intermediate	
Choreographed to:	Alone by Jessie Ware, available on iTunes, BPM 92	
Intro:	16 counts, 11 sec. into track on lyrics - dance begins with weight on L	
Counts	Footwork	Facing
1-9	Side, behind, side, cross rock, 1/4, 1/4, 1/2 with sweep, behind, side, cross	
1-2&	(1) Step R to R, (2) cross L behind R, (&) step R to R	12.00
3-4&	(3) Rock L across R, (4) recover onto R, (&) turn 1/4 L stepping fwd. on L	9.00
5-6	(5-6) Turn 1/4 L stepping R to R turning your body towards L diagonal prepping to turn R (this is a slow move). As you do this swivel L toes to the side and look over your L shoulder	6.00
7	(7) Recover weight onto L and on ball of L turn 1/2 R sweeping R from front to back	12.00
8&1	(8) Cross R behind L, (&) step L to L, (1) cross R over L	
10-17	Hold, ball cross, side rock, cross, side with hitch, 1/4 with sweep, behind, side, cross	
2&3	(2) Hold, (&) step L to L, (3) cross R over L	12.00
4&5	(4) Rock L to L, (5) recover onto R, (&) cross L over R	12.00
5-6	(5-6) Step R to R hitching L and turning body towards L diagonal prepping for 1/4 turn (this is a slow move)	12.00
7	(7) Recover onto L turning 1/4 R sweeping R from front to back	3.00
8&1	(8) Cross R behind R, (&) step L to L, (1) cross R over L	3.00
18-25	Unwind 1/2, 1/2 with sweep, behind, 1/8, fwd. with rise, recover, back, 1/2	
2-3	(2) Unwind 1/2 L putting weight on L, (3) turn 1/2 L stepping back on R sweeping L from front to back	3.00
4&	(4) Cross L behind R, (&) turn 1/8 R stepping fwd. on R	4.30
5-6	(5-6) Step fwd. on L and rise up slightly on ball of L (this is a slow move)	4.30
7	(7) Recover onto R	4.30
8&1	(8) Step back on L, (&) turn 1/2 R stepping fwd. on R, (1) step fwd. on L	10.30
26-32	Pivot 1/4, cross, 1/4, 3/8 with hitch, cross, 1/4, side	
2&3	(2) Step fwd. on R, (&) turn 1/4 L, (3) cross R over L	7.30
4-5-6	(4) Turn 1/4 R stepping back on L, (5-6) turn 3/8 stepping fwd. on R hitching L (this is a slow move)	3.00
7	(7) Cross L over R	3.00
8&	(8) Turn 1/4 L stepping back on R, (&) step L to L	12.00
33-40	Cross rock, side, cross rock, 1/4, 1/2 with hitch, side, recover, cross	
1-2&	(1) Rock R across L, (2) recover onto L, (&) step R to R	12.00
3-4&	(3) Rock L across R, (4) recover onto R, (&) turn 1/4 L stepping fwd. on L	9.00
5-6	(5-6) Turn 1/2 L stepping back on R hitching L and continue the turn another 1/4 L (this is a slow move)	12.00
7	(7) Step/rock L to L	12.00
8&	(8) Recover onto R, (&) cross L over R	12.00
41-48	R basic, 1/4, side cross, R basic, 1/4, side, cross	
1-2&	(1) Step R to R, (2) close L behind R, (&) cross R over L	12.00
3-4&	(3) Turn 1/4 R stepping back on L, (4) step R to R, (&) cross L over R	3.00
5-6&	(5) Step R to R, (6) close L behind R, (&) cross R over L	3.00
7-8&	(7) Turn 1/4 R stepping back on L, (8) step R to R, (&) cross L over R	6.00