

Gold Band

Count: 32

Wall: 4

Level: Easy Improver

Choreographer: Bernard Williams (UK) - October 2010

Music: Band of Gold (Almighty Radio Edit) - Kimberley Locke : (CD: Band of Gold Remixes)



Start on vocals (count 32)

[1 – 8] R Kick & Cross, R Kick & Cross, R Side Rock, Recover, L Behind, Side, Cross

- 1 & 2 Kick Right Diagonally Right, Step onto Right, Cross Left over Right
- 3 & 4 Kick Right Diagonally Right, Step onto Right, Cross Left over Right
- 5, 6 Right Rock to Right side, Recover onto Left
- 7 & 8 Step Right behind Left, Step left to left Side, Step Right across Left

[9 – 16] L Kick & Cross, L Kick & Cross, L Side Rock, Recover, ¼ Sailor Left

- 9 & 10 Kick Left Diagonally Left, Step onto Left, Cross Right over Left
- 11 & 12 Kick Left Diagonally Left, Step onto Left, Cross Right over Left
- 13, 14 Left Rock to Left side, Recover onto Right
- 15 & 16 Step Left behind Right, Step Right to Right, Make ¼ Turn Left Step Forward Left

[17 – 24] Right Step ¼ L, L Touch, R Side Touch, Right Step ¼ L, L Touch, R Side Touch

- 17, 18 Turn ¼ Left Stepping Right to Right Side, Touch Left next to Right
- 19, 20 Step Left to Left, Touch Right next to Left
- 21, 22 Turn ¼ Left Stepping Right to Right Side, Touch Left next to Right
- 23, 24 Step Left to Left, Touch Right next to Left

[25 – 32] Right Side Shuffle, Rock Back, Left Side Shuffle, Rock Back

- 25 & 26 Step Right to Right Side, Step Left next to Right, Step Right to Right Side
 - 27, 28 Rock back on Left, Recover weight on Right
 - 29 & 30 Step Left to Left Side, Step Right next to Left, Step Left to Left Side
 - 31, 32 Rock back on Right, Recover weight on Left
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