

Ring My Bell

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Lynn Funk (USA) - July 2023
音乐: Ring My Bell - Anita Ward



Dance starts on Vocals 32 counts from beginning of music. No Tags, No Restarts.

Other Music: Ring My Bells - Enrique Iglesias - Dance starts about 64 counts from beginning of music on words "Sometimes you. . ."

Side Rock/Recover/Step Forward RF then LF, Repeat

1&2, 3&4 Rock RF to Right, Recover on LF, Step RF Forward, Rock LF to Left, Recover on RF, Step LF Forward
5&6, 7&8 Repeat 1&2, 3&4 above

Rock/Recover Shuffle Back, Rock/Recover Shuffle Forward

1-2, 3&4 Rock RF Forward, Recover on LF, Shuffle Back (RLR)
5-6, 7&8 Rock LF Back, Recover on RF, Shuffle Forward (LRL)

Pivot 1/4 Left, Weave to Right, Rock/Recover

1-4 Step RF Forward, Pivot 1/4 Left Recover on LF, Cross RF over LF, Step LF to Left (9:00)
5-8 Cross RF Behind LF, Step LF to Left, Cross Rock RF Over LF, Recover on LF

Rocking Side to Side (Sort of Hip and Hip Movement), Rock/Recover on Right then Left

1&2, 3-4 Rock on RF to Right, Recover with a Rock to LF, Rock Again on RF, Rock Back on LF and Recover on RF
5&6, 7-8 Rock on LF to Left, Recover with a Rock to RF, Rock Again on LF, Rock Back on RF and Recover on LF

End of Dance - Repeat

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updated - September 2023

Last Update: 25 Sep 2023
