Copenhagen Ring



拍数: 36 墙数: 2 级数: High Beginner

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音乐: Boots On - Randy Houser



** restarts on walls 3 & 7**

STEP, LOCK, STEP-LOCK-STEP to the right, STEP, LOCK, STEP-LOCK-STEP to the left

1-2 step right foot forward on the diagonal, step left foot behind the right (knees slightly bend

here)

3&4 step right foot forward on the diagonal again, step left foot behind the right, and then the right

foot forward

step left foot forward on the diagonal, step right foot behind the left (knees slightly bend here)
step left foot forward on the diagonal again, step right foot behind the left, and then left foot

forward

ROCK AND CROSS moving slightly forward (x2), HIP CIRCLES 1/4 turn left x2

1&2 rock right foot out to the right side, recover weight on the left and cross the right foot over the

left (weight on the right)

rock left foot out to the left side, recover weight on the right and cross the left foot over the

right (weight on the left)

RESTART HERE ON WALL 7

5-6 swing your hips counterclockwise as you turn ¼ left – the weight on your feet will be right,

then left

7-8 repeat counts 5-6 to make another ¼ turn left

STOMP, STOMP, BUMP, BUMP, BUMP HIPS AROUND

1-2 stomp your feet right. Left (feet should be next to each other, not spread apart)

3-4 bump your hips to the left side, then to the right side

5-6-7-8 bump your hips going counterclockwise left, back, right, left (circular motion)

SHUFFLE FORWARD, STEP ½ PIVOT, SHUFFLE FORWARD, STEP ½ PIVOT

1&2 traveling forward, shuffle right, left, right

3-4 step forward on the left, make a ½ turn going right on the balls of your feet with the weight

ending on the right foot forward

5&6 traveling forward, shuffle left, right, left

7-8 step forward on the right, make ½ turn going left on the balls of your feet with the weight

ending on the left foot forward

POINT OUT, IN, OUT, IN (touches)

point right toe out to right side, then bring it in and touch next to the left point right toe out to right side, then bring it in and touch next to the left

Happy Dancing!!! Email Jen Michele with any questions: danceitoutlinedancing@yahoo.com

Last Update: 7 Aug 2023

^{***}styling for gentlemen – you guys can tip your hat as you hold brim for this section***

^{**}RESTART HERE ON WALL 3**