

# Ring On It

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Nicole Woodley (NZ) & Melissa Woodley (NZ) - April 2025  
音乐: Ring On It - Kaylee Bell



Start 8 counts in on vocals

**[1-8]: R Lock and Triple, L Lock and Triple**

1 2            Step R Fwd, Lock L behind R,  
3&4           Triple R-L-R on the spot  
5 6           Step L Fwd, Lock R behind L,  
7&8           Triple L-R-L on the spot

**[9-16]: R Back touch, L Back Touch, 4x Hip Bumps\* \*\***

1-4           Step R back, Touch L beside R, Step L back, Touch R beside L,  
5-8           Hip bumps R-L-R-L

**[17-24]: Figure of 8 with L ¼ Turn**

1-3           Step R to R side, Step L behind R, R ¼ turn to 3:00 stepping R fwd,  
4-6           Step L fwd, ½ pivot to 9:00, ¼ turn to 12:00 stepping L to L side,  
7 8           Step R behind L, ¼ turn to 9:00 stepping L fwd,  
Easy option - Vine R, Vine L with 1/4 turn to 9:00

**[25-32]: Rock Recover Back Shuffle, Rock Recover Fwd Shuffle**

1 2           Rock R fwd, Recover back onto L,  
3&4           Shuffle R back  
5 6           Rock L back, Recover fwd onto R,  
7&8           Shuffle L fwd

Start dance again facing 9:00

**TAGS\***

T1 At Count 16 on Wall 3 add a Rocking Chair and Restart dance facing 6:00.  
T2 At Count 16 on Wall 7 add a Rocking Chair and Restart dance facing 12:00.  
T3 At the END of Wall 10 add a Rocking Chair and Restart dance facing 3:00

**RESTART\*\***

On Wall 5 Restart dance at Count 16 facing 3:00.

Last Update: 30 Jun 2025