

Ring On It

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Leanne Vaughan (UK) - May 2025
音乐: Ring On It - Kaylee Bell



***3 Tags, 3 Restarts

[1-8] Hip Bumps with Heel Touches & Clicks

- 1-2 Hip bump right with left heel touch & click
- 3-4 Hip bump left with right heel touch & click
- 5-6 Hip bump right with left heel touch & click
- 7-8 Hip bump left with right heel touch & click

[9-16] Syncopated Weave & Side Rock,

- 1-2 Step right foot to right side, cross left foot behind right
- & 3-4 Step right foot to right side (&), cross left foot over right, rock weight out to right side
- 5-6 Recover weight onto left foot, step right foot behind left,
- & 7-8 Step left to left side (&), cross right over left, rock weight out to left side

[17-24] Step, Behind, Unwind, Side Shuffle Right, Back Rock

- 1-2 Recover weight back onto right, step left behind right
- 3-4 Unwind 1 full turn over left shoulder
- 5&6 Step right to right side, close left to right, step right to right side
- 7-8 Rock weight back onto left foot, recover weight onto right

[25-32] Syncopated vine left, Behind, Unwind ½ Turn, Forward Rock

- 1-2 Step left to left side, cross right behind left
- & 3-4 Step left to left side (&), Cross right over left, step left to left side
- 5-6 Cross right foot behind left, unwind ½ turn over right shoulder
- 7-8 Rock weight forward onto left foot, recover weight back onto right

[33-40] Heel & Toe Switches with Heel Swivels Right and Left

- 1&2 Touch left heel forward, step left next to right, touch right heel forward
- &3&4& Step right next to left, touch left toe forward, swivel left heel out and in, step down on left foot
- 5&6 Touch right heel forward, step right next to left, touch left heel forward
- &7&8& Step left next to right, touch right toe forward, swivel right heel out and in, step down on right foot

[41-48] Rocking Chair, Step ¼ Turn, Heel Switches

- 1-2 Rock weight forward onto left foot, recover weight onto right
- 3-4 Rock weight back onto left foot, recover weight onto right
- 5-6 Step left foot forward, make ¼ turn right
- 7&8 Touch left heel forward, step left next to right, touch right heel forward

[49-56] Modified Rhumba Box with Shuffles

- 1-2 Step right foot to right side, close left to right
- 3&4 Step right foot forward, close left to right, step right foot forward
- 5-6 Step left foot to left side, close right to left
- 7&8 Step left foot back, close right to left, step left foot back

[57-64] 2 x Monterrey Turns

- 1-2 Touch right toe out to right side, make ½ turn right stepping right next to left
- 3&4 Touch left toe out to left side, step left foot next to right

5-6 Touch right toe out to right side, make ½ turn right stepping right next to left
7&8 Touch left toe out to left side, step left foot next to right

TAG Sailor Steps Left and Right

1&2 Step left behind right, step right next to left, step left in place
3&4 Step right behind left, step left next to right, step right in place

Tag 1: after 16 counts on Wall 2

Tag 2: after 32 counts on Wall 3

Tag 3: after 32 counts on Wall 4

Restart after each Tag.
