

# Band of Gold (P)

**COPPERKNOB**  
STEPSHEETS

拍数: 48      墙数: 0      级数: Improver Partner  
编舞者: Theresa Needham (UK) - March 2011  
音乐: You're My Best Friend - Tommy Scott



**16 Intro ( Start On The Word Gold ) Sweetheart Position**

**Or Mary Duff & Daniel O'donnell (110 Bpm) 16 Intro ( Start On The Word 'Gold' )**

**Alt. Music: Walk On By – Leroy Van Dyke (120 Bpm) 16 Count Intro.**

## **STEP L HITCH R STEP R HITCH L LOCK STEP HOLD**

1 – 2 – 3 – 4      Step forward on L hitch R across L, step forward on R hitch L across R,  
5 – 6 – 7 – 8      Step forward on L lock R behind L, step forward on L, Hold (slightly to the diagonal)

## **STEP R HITCH L STEP L HITCH R LOCK STEP HOLD**

1 – 2 – 3 – 4      Step forward on R hitch L across R, step forward on L hitch R across L,  
5 – 6 – 7 – 8      Step forward on R lock L behind R, step forward on R, Hold (slightly to the diagonal)

## **VINE L TOUCH R, VINE R TOUCH L, (LADY ROLLING VINE R)**

1 – 2 – 3 – 4      Step L to L side, step R behind L, step L to L side, touch R beside L  
5 – 6 – 7 – 8

## **MAN.**

Release L hand, Step R to R side, step L behind R, step R to R side, touch L beside R  
( Rejoin hands )

## **LADY.**

Turn R stepping forward on R, ½ turn R stepping back onto L, ¼ turn R stepping R to R side, touch L beside R

## **FORWARD TOUCH BACK TOUCH ROCKING CHAIR**

1 – 2 – 3 – 4      Step forward on L touch R behind L, step back on R touch L across R  
5 – 6 – 7 – 8      Rock forward on L, recover on R step back on L, recover on R

## **¼ MODIFIED RUMBA BOX**

1 – 2 – 3 – 4      ¼ turn R stepping L to L side, step R next to L, step forward on L, hold ( OLD )  
5 – 6 – 7 – 8      Step R to R side, step L beside R step back on R, hold

## **SIDE TOGETHER ¼ POINT CROSS POINT WALK WALK**

1 – 2 – 3 – 4      Step L to L side, step R beside L, ¼ turn L stepping forward on L point R to R side ( LOD )  
5 – 6 – 7 – 8      Cross step R over L, point L to L side, walk forward L walk forward R

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