Ring Ring Remix

拍數: 32

級數: Beginner

編舞者: Ida Nst (INA) & Chok Fredo (INA) - November 2023

音樂: Ring Ring Remix (Liryc & Dance) ABBA

Intro Dance Vocal - No tag /2 Restart

Sec I: TOE STRUT WALK TO RIGHT - LINDY RIGHT

- 1 2 turn 1/8 right touch RF forward, step RF Forward
- 3 4 touch LF Forward, touch LF forward
- 5&6 step RF to side, step LF to next LF, step RF to side
- 7 8 rock LF back, recover RF Forward

Sec II: TOE STRUT WALK TO LEFT - LINDY LEFT

- 1 2 turn 1/8 left touch LF forward, step LF Forward
- 3 4 touch RF Forward, step RF forward
- 5&6 step LF to side , step RF to next LF, step LF to side
- 7 8 rock RF back, recover LF Forward

Sec III: TOE STRUT WITH TURN 1/2 LEFT TOE STRUT, ROCKING CHAIR

- 1 2 touch RF forward, turning 1/2 RF in place
- 3 4 touch LF Forward, LF in place
- 5 6 . rock RF forward. recover on LF
- 7 8 rock RF back, recover on LF

Sec IV: TOE STRUT WITH TURN 1/2 LEFT, TOE STRUT, TURN 1/4 RIGHT JAZZ BOX

- 1 2 touch RF forward, turning 1/2 left RF in place
- 3 -4 touch LF forward,, RF in place
- 5 6 step RF over LF, turn 1/4 right step LF back
- 7 8 step RF to side ,step LF forward

Restart here on wall 3 & 9 after 16 count

Enjoy the dance

Last Update: 2 Nov 2023





牆數: 4