

Ring On It

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Nicole Woodley (NZ) & Melissa Woodley (NZ) - April 2025
音樂: 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