

Ring Ring

COPPER KNOB
STEPPERS

拍數: 64
編舞者: John Dowling (UK)
音樂: Ring Ring - ABBA

牆數: 2

級數: Intermediate



FORWARD HEEL ROCK RECOVERS, FORWARD SHUFFLE TWICE

- 1-2 Step forward on right heel, step left heel next to right shoulder width apart (do not lower toes)
- 3-4 Step right foot back to start position, step left foot back to start position step, step
- 5&6 Step right forward, step left next to right, step right forward
- 7&8 Step left forward, step right next to left, step left forward

TURNING JAZZ BOX, ¼ MONTEREY TURN

- 1-2 Cross right over left, step slightly back on left making a 1/8 turn right
- 3-4 Step right slightly to side making a 1/8 turn right, step left next to right (completes a ¼ turn)
- 5-6 Touch right toe out to side, pivot ¼ turn right with weight on left foot stepping right in place ¼ Monterey turn
- 7-8 Touch left out to side, step left next to right

FORWARD SHUFFLE TWICE, ROCK RECOVER, ½ TURN STEP

- 1&2 Step right forward, step left next to right, step right forward
- 3&4 Step left forward, step right next to left, step left forward
- 5-6 Rock step forward on right, recover weight back onto left
- 7-8 Making a ½ turn right, step forward on right, step forward on left

SLOW FORWARD MAMBO, HOLD, SLOW BACKWARD MAMBO, HOLD

- 1-2 Rock step forward on right, recover weight back onto left
- 3-4 Step back on right, hold
- 5-6 Rock step back on left, recover weight forward onto right
- 7-8 Step forward on left, hold

FORWARD SHUFFLE TWICE, ROCK RECOVER, ½ TURN STEP (REPEAT SECTION 3)

- 1&2 Step right forward, step left next to right, step right forward
- 3&4 Step left forward, step right next to left, step left forward
- 5-6 Rock step forward on right, recover weight back onto left
- 7-8 Making a ½ turn right, step forward on right, step forward on left

TURNING JAZZ BOX TWICE

- 1-2 Cross right over left, step slightly back on left making a 1/8 turn right
- 3-4 Step right slightly to side making a 1/8 turn right, step left next to right (completes a ¼ turn)
- 5-6 Cross right over left, step slightly back on left making a 1/8 turn right
- 7-8 Step right slightly to side making a 1/8 turn right, step left next to right (completes a ¼ turn)

Restart dance on wall 3

FORWARD SHUFFLE TWICE, ROCK RECOVER, ½ TURN STEP (REPEAT SECTION 3)

- 1&2 Step right forward, step left next to right, step right forward
- 3&4 Step left forward, step right next to left, step left forward
- 5-6 Rock step forward on right, recover weight back onto left
- 7-8 Making a ½ turn right, step forward on right, step forward on left

SLOW FORWARD MAMBO, HOLD, SLOW BACKWARD MAMBO, HOLD (REPEAT SECTION 4)

- 1-2 Rock step forward on right, recover weight back onto left
- 3-4 Step back on right, hold

5-6 Rock step back on left, recover weight forward onto right
7-8 Step forward on left, hold

REPEAT

RESTART

On 3rd wall dance to end of section 6 and restart dance

STYLING

When dancing forward shuffles hold right & left hands alternately to your ear mimicking a telephone as singer sings "ring, ring"

ENDING

Dance can be ended by repeating last 16 counts at end of 2nd chorus
