

# Ring Ring

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: John Dowling (UK)  
音樂: Ring Ring - ABBA



## 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

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