

Ringling Bells

拍數: 76 牆數: 4 級數: Intermediate
編舞者: Francien Sittrop (NL) - August 2007
音樂: Ringling bells - Jill Johnson : (Album: Being Who You Are)



Start: after 16 counts ,Start on Vocals

- 1 - 8 Shuffle Fwd, Shuffle ½ Turn Right, Heel Ball Step diagonal Right fwd x2**
1 & 2 Step Right fwd, Step Left next to Right, Step Right fwd
3 & 4 Make Shuffle ½ Turn Right with Left , Right , Left (6 o)
5 & 6 Touch Right Heel diagonally Fwd, Step Right down, Step Left Fwd
7 & 8 Touch Right Heel diagonally Fwd, Step Right down, Step Left Fwd
- 9-16 Right Diagonal Shuffle Fwd, Left Diagonal Shuffle , Cross , Side, Behind & Heel &**
1 & 2 Step Right diagonally Fwd , Step Left next to Right, Step Right fwd
3 & 4 Step Left diagonally Fwd, Step Right next to Left, Step Left Fwd
5 - 6 Cross Right over Left, Step Left to left side
7&8& Cross Right behind Left(7) , Step Left next to Right(&) , Touch Right Heel Fwd(8), Step Right next to Left(&)
- 17-24 Cross, ¼ Turn left and step Back, Shuffle ½ Turn Left, Rock, Recover, Coaster Step**
1 - 2 Step Left across Right , Make ¼ Turn Left and step Right Back (3 o)
3 & 4 Make shuffle ½ Turn Left with Left , Right , Left (9 o)
5 - 6 Right rock fwd, Recover on Left
7 & 8 Step Right back, Step Left next to Right, Step Right Fwd
- 25-32 2 Skates, Shuffle Fwd, Cross , Back, Shuffle ½ Turn**
1 - 2 Skate Left Fwd, Skate Right Fwd
3 & 4 Step Left Fwd, Step Right next to Left , Step Left Fwd
5 - 6 Step Right across Left, Step Left back
7 & 8 Make Shuffle ½ Turn Right with Right, Left , Right (3 o)
- 33-40 Rock , Recover , Behind , Side Cross x2**
1 - 2 Rock Left to Left side, Recover on Right
3 & 4 Step Left behind Right, Step Right to Right side, Step Left across Right
5 - 6 Rock Right to Right side, Recover on Left
7 & 8 Step Right behind Left, Step Left to Left side, Step Right across Left (****Restart wall 4)
- 41-48 Rock, Recover, Triple Full Turn Left(option: Coaster step), Rock, Recover, Shuffle ½ Turn**
1 - 2 Rock Left Fwd, Recover on Right
3 & 4 Make a Triple Full Turn Left with Left ,Right ,Left
5 - 6 Rock Right Fwd, Recover on Left
7 & 8 Make Shuffle ½ Turn Right with Right, Left, Right (9 o)
- 49-56 Step fwd, Touch behind Left, Shuffle Back, Coaster Step, Step Fwd, ½ Turn Left with Hitch**
1 - 2 Step Left fwd, Touch Right behind Left
3 & 4 Step Right back, Step Left next to Right, Step Right back
5 & 6 Step Left back ,Step Right next to Left, Step Left Fwd
7 - 8 Step Right Fwd, Make ½ turn Left and Hitch Left knee (3 o)
- 57-64 Shuffle Back, Coaster Step, Step, Pivot ½ Turn Right, Shuffle ½ Turn Right**
1 & 2 Step Left back, Step Right next to Left, Step Left back
3 & 4 Step Right back , Step Left next to Left , Step Right Fwd
5 - 6 Step Left Fwd, Pivot ½ Turn Right (9 o)
7 & 8 Make Shuffle ½ Turn Right with Left , Right , Left (3 o)
- 65-72 Rock , Recover, Stomp x2 , Heel Switches, Step fwd, Pivot ½ Turn Left**

1 - 2 Rock Right Back , Recover on Left
3 - 4 Right stomp Fwd, Left Stomp next to Right ****(**Restart wall 1**)
5&6& Touch Right Heel Fwd, Step Right next to Left , Touch Left Heel Fwd, Step Left next to Right
7 - 8 Step Right Fwd, Pivot ½ Turn Left

73-76 Rock Fwd, Recover and make ¼ Turn Left, Rock , Recover
1 - 2 Rock Right Fwd, Recover on Left and make ¼ Turn Left (Weight ends on Left)
3 - 4 Rock Right across Left, Recover on Left

Start Again

Restarts:

Wall 1: Start again after count 68

Wall 4: Dance count 39 & 40: Step Right behind Left, Step Left to Left side, Touch Right next to Left and start again with count 1

Ending: dance until count 57&58. Then count 59& 60 Coaster step with ¼ Turn Right

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