

Ring Along

拍數: 48 牆數: 0 級數: Beginner Circle
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音樂: Riding Alone - Rednex



Also:

Happy Birthday by Hot Bandidoz (144 bpm)

Intro 48 counts

Walk forward – right, left, right, kick, Clap, walk back – left, right, left, Hold, Clap to sides

1 – 4 Walk forward – right, left, right, kick left forward raising arms

5 - 8 Walk back – left, right, left, step right beside left and clap with the two dancers on your sides.

Walk forward – right, left, right, kick, Clap, walk back – left, right, left, Hold, Clap to sides

9 -12 Walk forward – right, left, right, kick left forward raising arms

13 -16 Walk back – left, right, left, step right beside left and clap with the two dancers on your sides.

Step, Turn ¼ left , Walk forward -right , left, Shuffle forward, right and left

17-20 Step R forward, turn ¼ left, Walk forward-right, left.

21&22 Step forward on right, close left beside right, step forward on right. *

23&24 Step forward on left, close right beside left, step forward on left *

Step, turn ½ left , Walk forward -right , left, shuffles forward, right and left

25-26 Step right forward, turn ½ left

27-28 Turn ½ left stepping right foot to right, turn ½ left stepping left foot forward.

29&30 Step forward on right, close left beside right, step forward on right.*

31&32 Step forward on left, close right beside left, step forward on left. *

Heel, Touch, Heel, Touch, Heel, Touch, Heel, Touch

33-34 Put right heel diagonally forward, step right foot beside left.

35-36 Put left heel diagonally forward, step left beside right.

37-38 Put right heel diagonally forward, step right foot beside left.

39-40 Put left heel diagonally forward, step left beside right.

Camel walk R, Scuff, Camel walk L, Scuff

41-42 Step forward right. Slide left beside right. Step forward right. Scuff left forward.

43-44 Step forward left. Slide right beside left. Step forward left. Scuff right forward.

Camel walk R, Scuff, Walk forward-left, right, turn ¼ left, stomp

45-46 Step forward right. Slide left beside right. Step forward right. Scuff left forward.

47-48 Step forward left. Step forward on right, turn ¼ left, stomp with right, keeping weight on left.

Begin again.

Options: turn ½ left, turn ½ left-instead of walking forward-right, left

19-20 Turn ½ left stepping right foot to right, turn ½ left stepping left foot forward.

27-28 Turn ½ left stepping right foot to right, turn ½ left stepping left foot forward.

Hold your hand up in front of you as if you are riding a horse, moving them up and down.