

Ringa Ding

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: AZDW - April 2011
音樂: Ring Ding Dong - SHINee : (Album: 2009, Year Of Us)



Intro: 32 counts from start of track with the 32count Tag.

[1 – 8] Walk, Walk, Rock and Touch, Cross & Heel Jack

1 – 2 Walk R, walk L
3&4 Rock R and recover on L, point R to R side
5&6& Cross R over L, step L to L side, touch R heel diagonally R, step R to R side
7&8 Cross L over R, step R to R side, touch L heel diagonally L

[9 – 16] ¼ Turn R, ¼ Turn R, L Chasse, Cross Rock, Cross Rock

1 – 2 ¼ turn R stepping L back, ¼ turn R stepping R fwd (6:00)
3&4 Step L to L side, step R next to L, Step L to L side
5&6 Cross R over L, recover on L, step R to R side
7&8 Cross L over R, recover on R, step L to L side

[17 – 24] R Shuffle, L Shuffle, Rocking Chair, Kick Out Out

1&2 Step R fwd, step L next to R, step R fwd
3&4 Step L fwd, step R next to L, step L fwd
5&6& Rock R fwd, recover on L, rock R back, recover on L
7&8 Kick R fwd, step R to R side, step L to L side

[25 – 32] Dip, Dip, Back Rock, Back Rock with ¼ turn L

1 – 2 Bend both knees in squat position, recover to standing position with L heel tapping diagonally L
3 – 4 Bend both knees in squat position, recover to standing position with R heel tapping diagonally R
5&6 Rock R behind L, recover on L, step R to R side
7&8 Rock L behind R, recover on R, ¼ turn L stepping L fwd (3:00)

Start Again!

TAG – 32 COUNT (Start dance with Tag, after 4th wall and after 11th wall)

[1 – 8] Step, Touch, Step, Touch, ¼ Turn R Step, Touch, Step, Touch

1 - 2 Step R to R side, touch L next to R (shimmy your shoulder while doing these steps)
3 - 4 Step L to L side, touch R next to L (shimmy your shoulder while doing these steps)
5 - 6 ¼ turn R stepping R to R side, touch L next to R (shimmy your shoulder while doing these steps) (3:00)
7 - 8 Step L to L side, touch R next to L (shimmy your shoulder while doing these steps)

[9 – 16] Step Back (Chest Pump) x 4

1 - 2 Step R slightly behind L (body face diagonally R), hold (pump chest fwd twice)
3 - 4 Step L slightly behind R (body face diagonally L), hold (pump chest fwd twice)
5 - 6 Step R slightly behind L (body face diagonally R), hold (pump chest fwd twice)
7 - 8 Step L slightly behind R (body face diagonally L), hold (pump chest fwd twice)

[17 – 24] ¼ Turn R, Extended Weave (Popping Shoulder)

1 - 2 ¼ turn R crossing R over L, hold (Pop shoulders up down up) (6:00)
3 - 4 Step L to L side, hold (Pop shoulders up down up)
5 - 6 Cross R behind L, hold (Pop shoulders up down up)

7 - 8 Step L to L side, hold (Pop shoulders up down up)

[25 – 32] ¼ turn R Diagonal Shuffle, L Diagonal Shuffle, ¼ turn R Diagonal Shuffle, Diagonal Shuffle

1&2 ¼ turn R stepping R diagonally R, step L next to R, step R fwd (9:00)

3&4 Step L diagonally L, step R next to L, step L fwd

5&6 ¼ turn R stepping R diagonally R, step L next to R, step R fwd (12:00)

7&8 Step L diagonally L, step R next to L, step L fwd

For the Last Tag, change count 5 to 8 to the following to end dance facing front wall...

5&6 ½ turn R stepping R diagonally R, step L next to R, step R fwd

7&8 Step L diagonally L, step R next to L, step L fwd

Note: Specially choreographed for La Mirage Café & Line Dancing Club on their 3rd Anniversary :)

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