

My Rings

Count: 40

Wand: 2

Ebene:

Choreograf/in: Jim Ray (USA) - September 2022

Musik: Smoke Rings In the Dark - Gary Allan



Start With Lyrics

ROCK STEP RIGHT FOOT TO THE RIGHT SIDE, SHIFT WT BACK TO LEFT, SHUFFLE FORWARD, STEP LEFT FORWARD, PIVOT A 1/2 RIGHT, SHUFFLE A 1/4 RIGHT

1,2 Rock Right Foot To The Right Side, Shift Wt. Back To Left Foot
3&4 Shuffle Forward Right, Left, Right
5,6 Step Left Foot Forward, Pivot A 1/2 Turn To The Right
7&8 Turn A 1/4 Turn Right Stepping Left, Right, Left

ROCK STEP RIGHT FOOT TO RIGHT, SHIFT WT. BACK TO LEFT FOOT, MOVING LEFT, STEP RIGHT IN FRONT, LEFT, RIGHT IN FRONT, ROCK STEP LEFT, TO THE LEFT, SHIFT WT. TO RIGHT, STEP LEFT IN FRONT OF RIGHT, STEP RIGHT TO THE RIGHT, STEP LEFT IN FRONT OF RIGHT

1,2 Rock Right Foot To The Right, Shift Wt. To Left
3&4 Cross Right Over Left, Step Left To Left, Cross Right Over Left
5,6 Rock Left Foot To The Left, Shift Wt. To Right
7&8 Cross Left Foot Over Right, Step Right To Right, Cross Left Over Right

ROCK RIGHT FOOT FORWARD, SHIFT WT. BACK TO LEFT, RIGHT COASTER STEP BACK, ROCK LEFT FOOT FORWARD, SHIFT WT. BACK TO RIGHT, LEFT COASTER STEP BACK

1,2 Rock Right Foot Forward, Shift Wt. Back To Left,
3&4 Coaster Step, Step Right Back, Left Together, Forward Right
5,6 Rock Left Foot Forward, Forward Shift Wt. Back To Right
7&8 Coaster Step, Step Left Foot Back, Step Right Together, Step Left Forward

WT. ON LEFT TAP RIGHT TOE NEXT TO LEFT, TAP RIGHT HEEL NEXT TO LEFT, SHUFFLE IN PLACE, TAP LEFT TOE NEXT TO RIGHT FOOT, TAP LEFT HEEL NEXT TO RIGHT FOOT, SHUFFLE IN PLACE

1,2 Tap Right Toe Next To Left Foot, Tap Right Heel Next To Left Foot
3&4 Shuffle In Place Right, Left, Right
5,6 Tap Left Toe Next To Right Foot, Tap Left Heel Next To Right Foot
7&8 Shuffle In Place Left, Right, Left

ROCK STEP FORWARD, TURN A 1/2 TURN RIGHT, ROCK STEP FORWARD, TURN A 3/4 TURN LEFT

1,2 Rock Right Foot Forward, Shift Wt. Back To Left Foot
3&4 Turn A 1/2 Turn Right Stepping Right, Left, Right
5,6 Rock Left Foot Forward, Shift Wt. Back To Right Foot
7&8 Turn A 3/4 Turn Left Stepping Left, Right, Left

(START OVER)