

Band of Gold (P)

Count: 48

Wand: 0

Ebene: Improver Partner

Choreograf/in: Theresa Needham (UK) - March 2011

Musik: You're My Best Friend - Tommy Scott



16 Intro (Start On The Word Gold) Sweetheart Position

Or Mary Duff & Daniel O'donnell (110 Bpm) 16 Intro (Start On The Word 'Gold')

Alt. Music: Walk On By – Leroy Van Dyke (120 Bpm) 16 Count Intro.

STEP L HITCH R STEP R HITCH L LOCK STEP HOLD

1 – 2 – 3 – 4 Step forward on L hitch R across L, step forward on R hitch L across R,

5 – 6 – 7 – 8 Step forward on L lock R behind L, step forward on L, Hold (slightly to the diagonal)

STEP R HITCH L STEP L HITCH R LOCK STEP HOLD

1 – 2 – 3 – 4 Step forward on R hitch L across R, step forward on L hitch R across L,

5 – 6 – 7 – 8 Step forward on R lock L behind R, step forward on R, Hold (slightly to the diagonal)

VINE L TOUCH R, VINE R TOUCH L, (LADY ROLLING VINE R)

1 – 2 – 3 – 4 Step L to L side, step R behind L, step L to L side, touch R beside L

5 – 6 – 7 – 8

MAN.

Release L hand, Step R to R side, step L behind R, step R to R side, touch L beside R
(Rejoin hands)

LADY.

Turn R stepping forward on R, ½ turn R stepping back onto L, ¼ turn R stepping R to R side, touch L beside R

FORWARD TOUCH BACK TOUCH ROCKING CHAIR

1 – 2 – 3 – 4 Step forward on L touch R behind L, step back on R touch L across R

5 – 6 – 7 – 8 Rock forward on L, recover on R step back on L, recover on R

¼ MODIFIED RUMBA BOX

1 – 2 – 3 – 4 ¼ turn R stepping L to L side, step R next to L, step forward on L, hold (OLD)

5 – 6 – 7 – 8 Step R to R side, step L beside R step back on R, hold

SIDE TOGETHER ¼ POINT CROSS POINT WALK WALK

1 – 2 – 3 – 4 Step L to L side, step R beside L, ¼ turn L stepping forward on L point R to R side (LOD)

5 – 6 – 7 – 8 Cross step R over L, point L to L side, walk forward L walk forward R

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