

Band of Gold

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Zhuqing Yu (CN) - May 2014

Musik: Band of Gold - Bonnie Tyler



Intro: 16 counts from first heavy beat in music

(1-8) Right side Rock, Turn 1/4 R, Sailor step, Kick R

- 1-2 Rock R to R side(1), Recover on left(2)
- 3 & 4 Turn 1/4 R stepping R behind L(3), Step L beside R(&), Step R forward(4)
- 5-6 Step L to L(5), Touch R toe next to L (6)
- 7 & 8 Kick R forward(7), Step R in place (&), Step L forward(8)

(9-16) R forward, Turn 1/4 L, R Shuffle, Forward Rock L, Coaster

- 1-2 Step R forward(1), Turn 1/4 L stepping L forward(2)
- 3 & 4 step R forward(3), step L behind R(&), step R forward(4)
- 5-6 Rock L forward(5), Recover on R back(6)
- 7 & 8 Step L back(7), Step R together (&), Step L forward(8)

(17-24) Kick L to L, Coaster, Step R forward Pivot 1/2 turn L, shuffle

- 1-2 Step R forward (1), Kick L to L side(2)
- 3&4 Step L back(3), Step R together(&), Step L forward(4)
- 5-6 Step R forward(5), Pivot 1/2 turn L(6)
- 7 & 8 step R forward(7), step L behind R(&), step R forward(8)

(25-32) L Forward, Pivot 1/2 turn R, Shuffle, Touch

- 1-2 Step L forward(1), Pivot 1/2 turn R(2)
- 3 & 4 Step L forward(3), Step R behind R(&), Step L forward(4)
- 5-6 Step R to R(5), touch L toe next to R(6)
- &7&8 Step L to L(&), touch R toe next to R(7), Step R to R(&), touch L next to R(8)

(33-40) Rock L, Turn 1/4 Sailor step, Touch, Kick L forward

- 1-2 Rock L to L(1), Recover on R(2)
- 3 & 4 Turn 1/4 L stepping L behind R(3), Step R beside to L(&), Step L forward(4)
- 5-6 Step R to R(5), Touch L toe to R(6)
- 7&8 Kick L forward(7), Step L in place(&), Step R forward(8)

(41-48) Step L diagonally, Step R diagonally, Step L behind R, Step R in place(X2)

- 1-4 Step L diagonally left(1), Step R diagonally right(2), Step L behind R(3), Step R in place(4)
- 5-8 Step L diagonally left(5), Step R diagonally right(6), Step L behind R(7), Step R in place(8)

(49-56) Turn 1/4 L rocking L forward, Drop body, Bump hip, Turn 1/2 R

- 1-4 Turn 1/4 L rocking L forward(1), Recover on R back(2), Step L back(3), Step R back and drop your body bend knees(4)
- 5&6 Bump hip forward, back, forward
- 7-8 Step L forward(7), Turn 1/2 R stepping forward(8)

Here are 2 Tags: after the Wall 2,3, Bump hip forward three times, Step L beside R, Then do the Tag. (When you finish the Tag, you will Restart the dance on the beginning)

(57-64) Turn 1/2 R, L back, Turn 1/2 R, R forward, L, R, Turn 1/2 R, L forward

- 1-2 Turn 1/2 R Stepping L back () , Turn 1/2 R stepping R forward(2)
- 3&4 Step L forward(3), step R behind L(&), step L forward(4)

5-8 Rock R forward(5), Recover on L back(6), Turn 1/2 R Stepping R forward(7), Step L forward(8)

Tag(16 Counts): On the Wall 2,3 after 56 counts(when you bump hip forward three times, Step L beside R, Then do the Tag.)

1-4 Rock R to R(1), Recover on L(2), Step R behind L(3), Step L to L(&), Step R cross L(4)

5-8 Rock L to L(5), Recover on R(6), Step L behind R(7), Step R to R(&), Step L cross R(8)

9-12 Step R forward (1), Pivot 1/2 turn L(2), Step R forward(3), step L behind R(&), step R forward(4)

13-16 Step L forward (1), Pivot 1/2 turn R(2), Step L forward(3), step R behind L(&), step L forward(4)

Ending: at the end of dance, you will finish the 48 counts, then turn 1/4 R and face the front wall.

Have fun!

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