

Band Of Gold

Count: 72

Wall: 1

Level: Improver

Choreographer: Marina Girardi

Music: Band of Gold - Freda Payne



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- 1-4 Making $\frac{3}{4}$ turn right, step right, left, right, touch left next to right
5-8 Making $\frac{3}{4}$ turn left, step left, right, left, touch right next to left
- 1-4 Step diagonally forward on right, touch left next to right, rock forward on right rock left in place
5-8 Step right $\frac{1}{4}$ right touch left next to right, step left $\frac{1}{4}$ left step right next to left
- 1-4 Step diagonally forward on left, touch right next to left, rock forward on left rock right in place
5-8 Step left $\frac{1}{4}$ left touch right next to left, step right $\frac{1}{4}$ right step left next to right
- 1-4 Walk forward on right, forward on left, forward on right, kick left
5-8 Step back on left, touch right toe back, step forward on right, kick left (Montana kick)
- 1-4 Walk back on: left, right, left, touch right next to left
5-8 Step forward on right, two hip bumps (forward, back, forward, back)
- 1-4 Step right to right, cross left over right, step right to right, step left in place
5-8 Step forward on right, step left in place, step right $\frac{1}{2}$ turn right, step left next to right
- 1-4 Step right to right, cross left over right, step right to right, step left in place
5-8 Step forward on right, step left in place, step right $\frac{1}{2}$ turn right, step left next to right
- 1-4 Walk forward twisting your hips: step right in front of left, step left in front of right, repeat
5-8 Step back on right, step back on left, shuffle back right, left, right
- 1-4 Step back on left, step right in place, triple step left, right, left
5-8 Rock forward on right, step left in place, rock back on right, step left in place

REPEAT
