

Band Of Gold

Count: 40

Wall: 2

Level: Improver

Choreographer: Bill James (UK)

Music: Band of Gold - Freda Payne



KICK BALL CROSS, KICK BALL CROSS, SIDE ROCK, CROSS SHUFFLE

- 1&2 Kick right forward, step ball of right beside left, cross step left over right
3&4 Kick right forward, step ball of right beside left, cross step left over right
5-6 Rock right to right side, rock weight back onto left
7&8 Cross step right over left, step left to left side, cross step right over left

LEFT WEAVE, SIDE ROCK ¼ TURN, SHUFFLE

- 9-10 Step left to left side, cross step right behind left
11-12 Step left to left side, cross step right over left
13-14 Rock left to left side, rock weight back onto right making ¼ turn right
15&16 Step left forward, close right beside left, step left forward

FULL TURN, SHUFFLE, ROCK, TRIPLE ¾ TURN

- 17-18 Make ½ turn left stepping right back, make ½ turn left stepping left forward
19&20 Step right forward, close left beside right, step right forward
21-22 Rock forward on left, rock weight back onto right
23&24 Triple ¾ turn left stepping left, right, left

HEEL BALL CROSS, HEEL BALL CROSS, SIDE ROCK ¼ TURN, SHUFFLE

- 25&26 Touch right heel forward, step ball of right beside left, cross step left over right
27&28 Touch right heel forward, step ball of right beside left, cross step left over right
29-30 Rock right to right side, rock weight back onto left making ¼ turn left
31&32 Step right forward, close left beside right, step right forward

HEEL BALL CROSS, HEEL BALL CROSS, ROCK, TRIPLE ¾ TURN

- 33&34 Touch left heel forward, step ball of left beside right, cross step right over left
35&36 Touch left heel forward, step ball of left beside right, cross step right over left
37-38 Rock forward on left, rock weight back onto right
39&40 Triple ¾ turn left stepping left, right, left

REPEAT
