

Rings Around My Heart

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Lorna Dennis (UK) & Cathy Hodgson (UK) - March 2018

Musique: Smoke - A Thousand Horses : (Album: Southernality - iTunes)



#16 count intro

Section 1: Basic night club right, side behind side, cross rock, side rock, cross, rock ¼ step

- 1,2 & step right to right side, rock back on left, recover weight onto right
3,4 & step left to left side, step right behind left, step left to left side
5&6&7 cross rock right over left, recover weight onto left, rock right to right side, recover weight onto left, cross right over left
8&1 rock left to left side, ¼ turn right as recovering weight onto right, step left forward

Section 2: Full turn over left shoulder, left mambo, sweep back, sweep, coaster cross

- 2&3 ½ turn over left shoulder stepping right back, ½ turn over left shoulder stepping left forward, step right forward

alternative steps – right shuffle

- 2&3 step right forward, close left next to right, step right forward
4&5 rock left forward, recover onto right, step back on left sweeping right round from front to back
6 step back right sweeping left foot round from front to back,
7&8 step left back, step right next to left, cross left foot across right

Section 3: Rumba box forward, rumba box back, lock step back, coaster step

- 1&2 step right to right side, close left next to right, step right forward
3&4 step left to left side, close right next to left, step left back
5&6 step back right, lock left across right, step back right
7&8 step left back, step right next to left, step forward left

Section 4: Rock out recover cross, rock out recover step, mambo ½ turn right, step ½ turn left step

- 1&2 rock right to right side, recover weight onto left, cross right over left
3&4 rock left to left side, recover weight onto right, step forward left
5&6 rock right forward, recover weight onto left, half turn over right shoulder stepping right forward
7&8 step left forward, ½ turn over right shoulder, step left forward

ENDING: – you'll be facing the front wall to do section 3 as follows:-

- 1&2 step right to right side, close left next to right, step right forward
3&4 step left to left side, close right next to left, step left back
5&6 step back right, lock left across right, biiiiiiig step back, tap left toes across right – TA DAH!

Thank you to the IOW Eastbourne weekenders 2nd to 5th March 2018 and Sue Bridges for their contributions to the above dance