

Ring My BE-E-ELL

COPPER KNOB
BY SHEETS

拍数: 64 墙数: 2 级数: Phrased Low Intermediate
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音乐: Ring My Bell - Anita Ward



Intro: 32 counts in (approx. 0.15 sec)

Sequence: A,A, B,B, A,A, B,B, A,A, A, B,B (16)

Part A (32 counts)

#A1 (1-8) R-L Out Steps, R Hitch, R Back with Body Roll, L Back Rock & Recover, L Forward Shuffle

- &1-2 Step RF slightly back (&), step LF to L side with shoulder width apart (1), lift R knee beside LF (2) 12.00
- 3-4 Step RF back while rolling body from head to hips (3), transfer weight on RF (4) 12.00
- 5-6 Rock LF back (5), recover weight on RF (6) 12.00
- 7&8 Step LF forward (7), close RF next to LF (&), step LF forward (8) 12.00

#A2 (9-16) R-L Forward Botafogo, R Forward Toe Strut & Hip Bumps, ½ (L) with L Forward Toe Strut & Hip Bumps

- 1&2 Cross RF over LF (1), rock LF to L side (&), recover weight on RF (2) 12.00
- 3&4 Cross LF over RF (3), rock RF to R side (&), recover weight on LF (4) 12.00
- 5&6 Touch R toes forward bumping hips forward (5), recover weight on LF bumping hips backward (&), bump hips forward stepping RF in place (6) 12.00
- 7&8 Turn ½ L over L shoulder touching L toes forward & bump hips forward (7), recover weight on RF bumping hips backward (&), bump hips forward stepping LF in place (8) 6.00

#A3 (17-24) R-L Forward Walk, R Forward Shuffle, L Forward Rock & Recover with L Sweep, L Behind, R Side, L Cross

- 1-2 Step forward on RF (1), step forward on LF (2) 6.00
- 3&4 Step RF forward (3), close LF next to RF (&), step RF forward (4) 6.00
- 5-6 Rock LF forward (5), recover weight on RF sweeping LF from front to back (6) 6.00
- 7&8 Cross LF behind RF (7), step RF to R side (&), cross LF over RF (8) 6.00

#A4 (25-32) R Monterey ½ (R), L Side Rock Cross, R-L Box ½ (L), L Close

- 1-2 Point R toes to R side (1), turn ½ R closing RF beside LF (2) 12.00
- 3&4 Rock LF to L side (3), recover weight on RF (&), cross LF over RF (4) 12.00
- 5-8 Step RF to R side (5), turn ¼ L stepping LF to L side (6), turn ¼ L stepping RF to R side (7), close LF beside RF (8) 6.00

Part B (32 counts)

#B1 (1-8) ⅛ (R) with R-L Forward Walk X3, Pose ¼ (L), Hip Bumps

- 1-3 Turn ⅛ R stepping forward on RF-LF-RF (1-2-3) 1.30
- 4 Turn ¼ L transferring weight on RF (4) 10.30
- 5-8 Bump hips to R side X4 (5-6-7-8) - Can do 'C' bump or snap fingers to R side for 4 times 10.30

#B2 (9-16) L-R Forward Walk X3, Pose ¼ (R), Hip Bumps

- 1-3 Still facing at L diagonal: Step forward on LF-RF-LF (1-2-3) 10.30
- 4 Turn ¼ R transferring weight on LF (4) 1.30
- 5-8 Bump hips to L side X4 (5-6-7-8) - Can do 'C' bump or snap fingers to L side for 4 times 1.30

#B3 (17-24) ⅛ (L) R-L Back Attitude Walk, ¼ (R) with R Forward, L Pivot ¼ (R) with L Cross

- 1-4 Turn ⅛ L stepping back on RF-LF-RF-LF with attitude (1-2-3-4) 12.00

5-8 Turn ¼ R stepping RF forward (5), step LF forward (6), turn ¼ R over R shoulder (7), cross LF over RF (8) 6.00

#B4 (25-32) R-L Syncopated Out-In Steps, R-L Heel & In Steps, R Side, L Side Diagonal Touch, L Side, R Forward Diagonal Kick

&1&2 Step RF out to R side (&), step LF out to L side (1), step RF in (&), close LF beside RF (2) 6.00

&3&4 Step R heel forward to R diagonal (&), step L heel forward to L diagonal (3), step RF back (&), close LF beside RF (4) 6.00

5-6 Step RF to R side (5), touch L toes to L side turning body to L diagonal (6) 6.00

7-8 Step LF to L side (7), kick RF forward to R diagonal (8) 6.00

Website: <https://sites.google.com/view/dancejournal>
