

# Copenhagen Ring

拍数: 36      墙数: 2      级数: High Beginner  
编舞者: Jen Michele (USA) - August 2023  
音乐: Boots On - Randy Houser



**\*\* restarts on walls 3 & 7\*\***

## **STEP, LOCK, STEP-LOCK-STEP to the right , STEP, LOCK, STEP-LOCK-STEP to the left**

- 1-2            step right foot forward on the diagonal, step left foot behind the right (knees slightly bend here)
- 3&4           step right foot forward on the diagonal again, step left foot behind the right, and then the right foot forward
- 5-6           step left foot forward on the diagonal, step right foot behind the left (knees slightly bend here)
- 7&8           step left foot forward on the diagonal again, step right foot behind the left, and then left foot forward

**\*\*\*styling for gentlemen – you guys can tip your hat as you hold brim for this section\*\*\***

## **ROCK AND CROSS moving slightly forward (x2), HIP CIRCLES ¼ turn left x2**

- 1&2           rock right foot out to the right side, recover weight on the left and cross the right foot over the left (weight on the right)
- 3&4           rock left foot out to the left side, recover weight on the right and cross the left foot over the right (weight on the left)

**\*\*RESTART HERE ON WALL 7\*\***

- 5-6           swing your hips counterclockwise as you turn ¼ left – the weight on your feet will be right, then left
- 7-8           repeat counts 5-6 to make another ¼ turn left

**\*\*RESTART HERE ON WALL 3\*\***

## **STOMP, STOMP, BUMP, BUMP, BUMP HIPS AROUND**

- 1-2           stomp your feet right. Left (feet should be next to each other, not spread apart)
- 3-4           bump your hips to the left side, then to the right side
- 5-6-7-8       bump your hips going counterclockwise left, back, right, left (circular motion)

## **SHUFFLE FORWARD, STEP ½ PIVOT, SHUFFLE FORWARD, STEP ½ PIVOT**

- 1&2           traveling forward, shuffle right, left, right
- 3-4           step forward on the left, make a ½ turn going right on the balls of your feet with the weight ending on the right foot forward
- 5&6           traveling forward, shuffle left, right, left
- 7-8           step forward on the right, make ½ turn going left on the balls of your feet with the weight ending on the left foot forward

## **POINT OUT, IN, OUT, IN (touches)**

- 1-2           point right toe out to right side, then bring it in and touch next to the left
- 3-4           point right toe out to right side, then bring it in and touch next to the left

**Happy Dancing!!! Email Jen Michele with any questions: [danceitoutlinedancing@yahoo.com](mailto:danceitoutlinedancing@yahoo.com)**

**Last Update: 7 Aug 2023**