

Like A Ring

拍数: 32 墙数: 4 级数: Beginner
编舞者: Christopher Gonzalez (USA) - January 2024
音乐: Ring - Selena Gomez



[1-8] Toe Strut, Turn With Crossing Toe Strut, Side Rock-Recover, Step Across, Turn And Step 6:00

1, 2 Touch R forward (1), step down R (2) 12:00
3, 4 Turn 1/8 L and touch L forward (slightly across R) (3), step down L (4) 10:30
5, 6 Rock R to side (5), turn 1/8 L and recover L (6) 9:00
7, 8 Step R across L (7), turn 1/4 L and step L forward (8) 6:00

[9-16] Repeat Counts 1-8 12:00

1, 2 Touch R forward (1), step down R (2) 6:00
3, 4 Turn 1/8 L and touch L forward (slightly across R) (3), step down L (4) 4:30
5, 6 Rock R to side (5), turn 1/8 L and recover L (6) 3:00
7, 8 Step R across L (7), turn 1/4 L and step L forward (8) 12:00

[17-24] Forward Rock-Recover, Back Triple, Back Rock-Recover, Forward Triple 12:00

1, 2 Rock R forward (1), recover L (2) 12:00
3&4 Step R back (3), step L together (&), step R back (4) 12:00
5, 6 Rock L back (5), recover R (6) 12:00
7&8 Step L forward (7), step R together (&), step L forward (8) 12:00

[25-32] Rocking Chair, 1/4 Turn L With Hip Circles 3:00

1, 2 Rock R forward (1), recover L (2) 12:00
3, 4 Rock R back (3), recover L (4) 12:00
5, 6 Step R forward (5), turn 1/8 L (weight L) (6) :: Optional: swing hips in anti-clockwise semi-circle during weight shift from R to L 10:30
7, 8 Step R forward (7), turn 1/8 L (weight L) (8) :: Optional: swing hips in anti-clockwise semi-circle during weight shift from R to L 9:00

Ending: On the 6th count of the final 8 counts (during the hip circles), turn sharply toward 12:00 at the sound of the chime in the music

Last Update: 28 Jan 2024