

# Ring

拍数: 32      墙数: 4      级数: Improver  
编舞者: Steve Lescarbeau (USA)  
音乐: Ring - Gary Allan



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## TWO CROSSING HEEL GRINDS, KICK, KICK, COASTER

1-2      Cross right heel over left, swivel right heel to right as you step to the left with left  
3-4      Cross right heel over left, swivel right heel to right as you step to the left with left  
5-6      Kick right foot forward twice  
7&8      Step back on right, bring left back to right, step forward on right

## JAZZ BOX WITH ¼ TURN POINT, FULL TURN WITH A POINT

1-2      Cross left over right, step back on right  
3-4      Step ¼ turn to left on left, point right toe to right (9:00)  
5-6      Step ¼ turn to right on right, step ¼ turn to right on left (3:00)  
7-8      Step ¼ turn to right on right, pivot ¼ turn on ball of right as you point left toe to left (9:00)

## LEFT TOGETHER, RIGHT HEEL FORWARD, HOLD, RIGHT HEEL JACK, HOLD, AND STEP, WALK, SHUFFLE RIGHT, LEFT, RIGHT

&1-2      Quickly step on left as you put your right heel forward, hold  
&3-4      Quickly step back on your right as you put your left heel forward, hold  
&5-6      Quickly step on the ball of your left as you step forward on right, step forward on left  
7&8      Shuffle forward right, left, right

## ROCK, RECOVER, ½ TURN SHUFFLE, ¼ TURN, ¼ TURN

1-2      Rock forward on left, recover weight on right  
3&4      Shuffle left, right, left as you make a ½ turn over your left shoulder (9:00)  
5-6      Step on right, step ¼ turn to left on left (12:00)  
7-8      Step on right, step ¼ turn to left on left (3:00)

**REPEAT**

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