

# Ring A Bell?

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: How'd I Wind Up In Jamaica - Tracy Byrd



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## RIGHT CHARLESTON, LEFT BACK & UNWIND ½ LEFT, RIGHT CHARLESTON, LEFT COASTER HEEL & TOGETHER

1-2      Touch right toes forward, step right back  
3-4      Cross touch left behind right, unwind ½ left with weight ending on left  
5-6      Touch right toes forward, step right back  
7&8&    Step left back, step right together, touch left heel forward, step left together

## RIGHT HEEL BALL CROSS, SYNCOPATED ½ RIGHT MONTEREY, LEFT BALL CROSS, LEFT SIDE STEP, HEEL TWISTS WITH ¼ RIGHT TURN

1&2      Touch right heel forward, step right back, cross step left over right  
3&4      Touch right toes to right side, turning ½ right step right together, touch left toes to left side  
&5-6     Step left back, cross step right over left, step left to left side (ending with weight on both feet)  
7&8      Twist both heels left, right, left turning ¼ right (ending with weight on left foot)

## FORWARD "ZIG ZAG" SHUFFLES, RIGHT FORWARD ROCK, RECOVER, ¼ RIGHT TURN, LEFT CROSSING SHUFFLE

1&2      On right diagonal step right forward, step left together, cross step right over left on left diagonal  
3&4      On left diagonal step left forward, step right together, cross step left over right  
5&6      Rock right forward, recover weight on left, turning ¼ right step right to right side  
7&8      Cross step left over right, step right to right side, cross step left over right

## ¼ RIGHT & RIGHT FORWARD, LEFT KICK BALL CROSS, LEFT SIDE TOUCH, 2 X ¼ RIGHT HITCH TURNS, LEFT FORWARD SHUFFLE

1      Turning ¼ right step right forward  
2&3     Kick left forward, step left back, cross step right over left  
4      Point left toes to left side  
&5     Hitch left knee up turning ¼ right, point left toes to left side  
&6     Hitch left knee up turning ¼ right, point left toes to left side  
7&8     Step left forward, step right together, step left forward

REPEAT

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