

Ring Me

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Jan Wyllie (AUS)
音乐: Ring Ring - ABBA



- 1-2-3-4 Touch right heel forward, touch right toe beside left, touch right toe to right side, touch right toe beside left
- 5-6-7&8 Rock/step back on right, rock forward on left, shuffle forward right, left, right
- 9-10-11-12 Touch left heel forward, touch left toe beside right, touch left toe to left side, touch left toe beside right
- 13-14-15-16 Rock/step back on left, rock forward on right, step forward on left, pivot ¼ right (weight on right)
- 17-18 Step left over right towards right diagonal, touch right to right side
- 19-20 Rock weight to right, rock weight to left
- 21-22 Step right over left towards left diagonal, touch left to left side
- 23-24 Rock weight to left, rock weight to right
- 25-26-27&28 Rock/step forward on left, rock back on right, shuffle back left, right, left
- 29&30 Making ½ turn right back over right shoulder shuffle forward right, left, right
- 31-32 Rock/step forward on left, rock back on right
- 33-34-35-36 Step back on left toe, drop left heel (heel strut), rock/step back on right, rock forward on left
- 37-38-39-40 Step forward on right, step left beside right and clap, step forward on right step left beside right and clap
- 41-42-43&44 Rock/step forward on right, rock back on left, shuffle back right, left, right
- 45-46 Making ½ turn left back over left shoulder shuffle forward left, right, left
- 47-48 Step forward on right, pivot ¼ left transferring weight to left
- 49-50-51&52 Cross/rock right over left, rock back on left, shuffle to the right (right, left, right)
- 53-54-55&56 Cross/rock left over right, rock back on right, making ¼ left shuffle forward (left, right, left)
- 57-58 Step right toe forward, making ½ turn left step right heel down (½ turn heel strut)
- 59-60 Step back on left toe, making ½ turn left step left heel down (½ turn heel strut)
- 61-62 Rock/step forward on right, rock back on left
- 63-64 Walk back right, left

REPEAT
