

Ring Ring AB

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Annemaree Sleeth (AUS) - March 2015
音樂: Ring Ring - ABBA : (Album: More ABBA GOLD - iTunes - 3:00)



Written to have students learn Left Foot Lead - Dance Moves in CCW direction (left)

Intro 16 counts Start on Vocals "I" - Weight is on R to start

SECT 1: □ WALK FORWARD 3, SCUFF, FORWARD, TOUCH, BACK, KICK

1 – 4 Walk L forward, walk R forward, walk L forward, brush R forward

5 – 8 Step R forward, touch L behind, step back L, kick R forward

SECT 2: □ WALK BACK 3, TOUCH, SIDE , KICK, SIDE , KICK

1 – 4 Walk R back, walk L back, walk R back ,touch L together

5 – 8 Step L side, kick R over L step R side , kick L over R (add claps)

SECT 3: □ OUT, OUT, IN, IN, L ROCKING CHAIR

1 – 4 Step L out side, step R out side, step L in to centre, step R in to centre

5 – 8 Step L forward, recover R step step L back, recover R

SECT 4: □ JAZZ BOX ¼ TOUCH, SIDE, TOUCH, SIDE, TOGETHER

1 – 4 Cross L over R, Turning ¼ R step R back , step L side, Touch R together 9.00

5 – 8 Step R side, touch L together , step L side, step R together

Ends on Side Touches facing front

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