

The Ring

拍數: 80 牆數: 1 級數: Phrased Advanced
編舞者: Jean-Pierre Madge (CH) - September 2018
音樂: Single Ladies (Put a Ring On It) - Beyoncé



Section: A-B-A-B-B16-A-TAG-B-B

Part A: 48 COUNTS

A1: Walk, Walk, Step Turn Step, Touch, Cross, Rock and Big Step, drag.

1,2 Walk R (1), Walk L (2),
3&4& Step R forward (3), ½ L Step L forward (&), Step R forward (4), Touch L to L (&),
5-6& Cross L over R (5), pivot 1/8 to L diagonal and Rock R back (6), Recover on L (&),
7-8 Big Step R forward facing the diagonal (7), Drag L next R and do a body roll from the bottom to the top (8).

A2: Step, Heel twist, Flick Rock & 3/8Turn, Flick-Touch ¼L, Big Step ½ turn .

1&2& Step L forward keep weight on R (1), Swivel L heel out (&), Swivel L heel in (2), Flick L out (&),
3&4& Rock L forward (3), Recover on R (&), 3/8L Step L to L (4),
5&6& Flick R behind L (&), Touch R to R (5), Flick R behind L 1/8 turn L (&), Touch R to R (6), Flick R behind L 1/8 turn L (8),
7-8 Big step R to R (7), ½ L touch L next R (8).

A3: Walk Walk Chassé ½ L, Rock in Chair and Side, Pose.

1-2 Doing a ¼ L walk L (1), Walk R (2),
3&4 Doing a ¼ L Chassé L,R,L (3&4),
5&6& Rock R forward (5), Recover on L (&), Rock R back (6), Recover on L (&),
7-8 Step R to R (7), Touch L next R and grab your hip with R hand and your head with L hand while looking to your right like you are ignoring someone next to you (8).

A4: Rock & Cross, Rock & Cross, ¼ Step, Side, Cross Out-Out.

1&2 Rock L to L (1), Recover (&), Cross L over R (2),
3&4 Rock R to R (3), Recover (&), Cross R over L (4),
5-6 ¼ R Step L back (5) Step R to R (6)
7&8 Cross L over R (7), Step R back out (&), Step L out (8).

A5: Toe Heel, Heel toe, Behind Side Cross, Step Turn, Step Turn, Side together Side.

1&2& Swivel R toe in (1), Swivel R Heel in (&), Swivel R Heel out (2), Swivel T toe out (&),
3&4 Cross L behind R (3), Step R to R (&), Cross L over R (4),
5&6& Step R to R(5), ¼ L Touch L next R (&), Step L to L (6), ¼ L Touch R next L (&),
7&8 Step R to R (7), Bring L next R (&), Step R to R (8).

A6: Rock & Rock & Body Roll, Sit, Twist & Twist, Step ½ turn .

1&2& Rock L forward (1), Recover (&), Rock L to L (2), Recover (&),
3-4 Step L back (3), Body Roll from head to L foot and sit on L (4),
5&6& Swivel R heel out, in, out, in (5&6&)
7-8 Walk R forward (7), Pivot ½ L Step L forward (8).

Part B: 32 COUNTS

B1: Walks and Punch, Rock ½ Turn.

1-2 ¼ L and Step R forward, Punch R hand down in front of you and look down (1), Step L forward and Punch L hand forward while bringing R hand to you, you still looking the floor (2),

- 3&4 Step R forward and Punch the R hand down (3), Step L forward and Punch the L hand down (&), Step R forward and Punch the R hand down (4),
 &5-6 Look up (&), Step L forward and Punch the L hand down and look down again (5), Step R forward and Punch the R hand down (6),
 7&8 Rock L forward (7), Recover (&), ½ L Step L forward (8)

B2: Rock in Chair and Cross Samba, Cross, ¼ Turn, Coaster Step

- 1&2& Rock R forward (1), Recover (&), Rock R back (2), Recover (&)
 3&4 Cross R over L (3), Step L to L (&), Step R to R (4),
 5-6 Cross L over R (5), ¼ L Step R back (6),
 7&8 Step L behind (7), Step R next L (&), Step L forward (8)

B3: Heel, Heel, Back, Back, Touch & Touch & Cross, Back, Chassé

- 1&2& R Heel forward with weight (1), L Heel to L side with weight (&) Step R back (2), Step L back (&),
 3&4 Touch R to R (3), Bring R next L (&), Touch L to L (4),
Hand : On count 1 raise R hand in front of you, palm facing you and switch the palm facing out on “&” count, Switch in on 2, Switch out on &, Switch in on 3 switch out on & switch in on 4, also on count 4 raise L Up and with your L index point your R hand like you have a beautiful ring on it
 &5-6 Bring L next R (&), Cross R over L (5), Step L back (6),
 7&8 Step R to R (7), Step L next R (&), Step R to R (8).

B4: Diamond Samba ¼ L, Rock and Chassé ¾ L.

- 1&2 Cross L over R (1), 1/8 L Step R back (&), Step L back (2),
 3&4 Step R back (3), 1/8 L Step L to L (&), Cross R over L (4)
 5-6 Rock L forward (5), Recover (6)
 7&8 Chassé L,R,L ¾ L (7&8)

Tag 15 counts :

TS1: Steps and Heels, Ball Step-Step Kick.

While you doing the tag, grab your hip with L hand (girly style), raise R hand palm facing up like you holding your handbag Gucci

- 2&3& Step R to R side (2) Swivel L heel in (&), Swivel L heel out with weight (3), Swivel R heel in (&),
 4&5& Swivel R heel out with weight (4) Swivel L heel in (&), Swivel L heel out with weight (5), Swivel R heel in (&),
 6&7& Swivel R heel out with weight (6) Swivel L heel in (&), Swivel L heel out with weight (7), Swivel R heel in (&),
 8& Swivel R heel out with weight (8) Swivel L heel in (&),

TS2

- 1&2& Swivel L heel out with weight (1) Swivel R heel in (&), Swivel R heel out with weight (2), Swivel L heel in (&),
 3&4& Swivel L heel out with weight (3) Swivel R heel in (&), Swivel R heel out with weight (4), Swivel L heel in (&),
 5&6 Swivel L heel out with weight (5) Swivel R heel in (&), Swivel R heel out with weight (6),
 a7&8 Bring L next R (a), Walk R forward (7), Walk L forward (&) Kick R to R and Raise both hands up (8)

Split the floor in 3 team:

Groupe 1 will do all the tag while Groupe 2 and 3 are waiting posing with their handbags

Groupe 2 will wait and join the Groupe 1 on count “5” and then won’t stop until the end

Groupe 3 will join the Groupe 1 and 2 on count “1” and won’t stop until the end

Smile because you did a great job and Restart the dance ! :D

