

Ring Ring Me

拍數: 32 牆數: 4 級數: High Beginner
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音樂: Ring Ring - ABBA



INTRO: 16 COUNTS

S1 : LINDY R-L

1 & 2 3 4 Step RF to right side (1), Step LF beside RF (&), Step RF to right side (2), Rock LF behind RF (3), Recover on RF (4)
5 & 6 7 8 Step LF to left side (5), Step RF beside LF (&), Step LF to left side (6), Rock RR behind LF (7), Recover on LF (8)

S2 : KICK BALL STEP TWICE, ½ PIVOT TURN LEFT, ¼ PIVOT TURN LEFT

1 & 2 Kick RF fwd (1). Ball step on RF (&), Step LF in place (2)
3 & 4 Repeat 1 & 2
5 – 8 Step RF fwd (5), ½ turn left stepping LF fwd weight on left (6) facing 6.00, Step RF fwd (7), ¼ turn left stepping LF to side weight on left (8) facing 3.00

S3 : JAZZ BOX, VINE TO RIGHT, TOUCH BESIDE

1 – 4 Cross RF over LF (1), Step bwd on LF (2), Step RF to right side (3), Step LF fwd (4)
5 – 8 Step RF to right side (5), Step bwd on LF (6), Step RF to right side (7), Touch LF beside RF (8)

S4 : VINE ¼ TURN LEFT, TOUCH BESIDE, MONTEREY ¼ TURN RIGHT

1 – 4 Step LF to left side (1), Step bwd on RF (2), ¼ turn left stepping LF fwd (3) facing 12.00, Touch RF beside LF (4)
5 – 8 Point RF to right side (5), ¼ turn right stepping RF beside LF (6) facing 3.00, Point LF to left side (7), Step LF beside RF (8)

Tag 16 count after Wall 2 & 7

STEP SIDE RIGHT WITH SHIMMY SHOULDER, HOLD, TOGETHER, CLAP, STEP SIDE LEFT WITH SHIMMY SHOULDER, HOLD, TOGETHER, CLAP

1 – 4 Step RF to right side with shimmy shoulder(1), Hold (2), Step LF together and clap (3), Clap hand (4)
5 – 8 Step LF to left side with shimmy shoulder (5), Hold (6). Step together and clap (7), Clap hand (8)

TOE STRUT R-L, ROCKING CHAIR

1 – 4 Touch Toe RF fwd (1), Drop heel back to centre (2), Touch toe LF fwd (3), Drop heel back to centre (4)
5 – 8 Rock RF fwd (5), Recover on LF (6), Rock bwd on RF (7), Recover on LF (8)

HAVE FUN & ENJOY THE DANCE

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