

Ring

拍數: 32 牆數: 4 級數: Improver
編舞者: Steve Lescarbeau (USA)
音樂: Ring - Gary Allan



TWO CROSSING HEEL GRINDS, KICK, KICK, COASTER

1-2 Cross right heel over left, swivel right heel to right as you step to the left with left
3-4 Cross right heel over left, swivel right heel to right as you step to the left with left
5-6 Kick right foot forward twice
7&8 Step back on right, bring left back to right, step forward on right

JAZZ BOX WITH ¼ TURN POINT, FULL TURN WITH A POINT

1-2 Cross left over right, step back on right
3-4 Step ¼ turn to left on left, point right toe to right (9:00)
5-6 Step ¼ turn to right on right, step ¼ turn to right on left (3:00)
7-8 Step ¼ turn to right on right, pivot ¼ turn on ball of right as you point left toe to left (9:00)

LEFT TOGETHER, RIGHT HEEL FORWARD, HOLD, RIGHT HEEL JACK, HOLD, AND STEP, WALK, SHUFFLE RIGHT, LEFT, RIGHT

&1-2 Quickly step on left as you put your right heel forward, hold
&3-4 Quickly step back on your right as you put your left heel forward, hold
&5-6 Quickly step on the ball of your left as you step forward on right, step forward on left
7&8 Shuffle forward right, left, right

ROCK, RECOVER, ½ TURN SHUFFLE, ¼ TURN, ¼ TURN

1-2 Rock forward on left, recover weight on right
3&4 Shuffle left, right, left as you make a ½ turn over your left shoulder (9:00)
5-6 Step on right, step ¼ turn to left on left (12:00)
7-8 Step on right, step ¼ turn to left on left (3:00)

REPEAT
