

Ring A Bell?

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音樂: How'd I Wind Up In Jamaica - Tracy Byrd



RIGHT CHARLESTON, LEFT BACK & UNWIND ½ LEFT, RIGHT CHARLESTON, LEFT COASTER HEEL & TOGETHER

1-2 Touch right toes forward, step right back
3-4 Cross touch left behind right, unwind ½ left with weight ending on left
5-6 Touch right toes forward, step right back
7&8& Step left back, step right together, touch left heel forward, step left together

RIGHT HEEL BALL CROSS, SYNCOPATED ½ RIGHT MONTEREY, LEFT BALL CROSS, LEFT SIDE STEP, HEEL TWISTS WITH ¼ RIGHT TURN

1&2 Touch right heel forward, step right back, cross step left over right
3&4 Touch right toes to right side, turning ½ right step right together, touch left toes to left side
&5-6 Step left back, cross step right over left, step left to left side (ending with weight on both feet)
7&8 Twist both heels left, right, left turning ¼ right (ending with weight on left foot)

FORWARD "ZIG ZAG" SHUFFLES, RIGHT FORWARD ROCK, RECOVER, ¼ RIGHT TURN, LEFT CROSSING SHUFFLE

1&2 On right diagonal step right forward, step left together, cross step right over left on left diagonal
3&4 On left diagonal step left forward, step right together, cross step left over right
5&6 Rock right forward, recover weight on left, turning ¼ right step right to right side
7&8 Cross step left over right, step right to right side, cross step left over right

¼ RIGHT & RIGHT FORWARD, LEFT KICK BALL CROSS, LEFT SIDE TOUCH, 2 X ¼ RIGHT HITCH TURNS, LEFT FORWARD SHUFFLE

1 Turning ¼ right step right forward
2&3 Kick left forward, step left back, cross step right over left
4 Point left toes to left side
&5 Hitch left knee up turning ¼ right, point left toes to left side
&6 Hitch left knee up turning ¼ right, point left toes to left side
7&8 Step left forward, step right together, step left forward

REPEAT
