

Ring A Bell?

拍數: 32 牆數: 0 級數:
編舞者: Noel Bradey (AUS)
音樂: How'd I Wind Up In Jamaica - Tracy Byrd



SIDE, BEHIND, BALL CROSS, SIDE, BEHIND, SIDE, CROSS, SIDE, REPLACE

- 1-2&3-4 Step right to right side, cross/step left behind right, step on ball of right beside left, cross/step left over right, step right to right
- 5&6 Cross/step left behind right, step on ball of right beside left, cross/step left over right
- 7-8 Rock/step right to right, replace weight to left

CROSS SHUFFLE, ½ HINGE TURN CROSS SHUFFLE, SYNCOPATED MONTEREY ¼ TURNS TWICE

- 1&2 Cross/step right over left, step on ball of left to left, cross/step right over left
- &3&4 Hinge turn ½ turn left on ball of right, cross/step left over right, step on ball of right to right, cross/step left over right (6:00)
- 5&6 Touch right toe to right side, turning ¼ turn right step on right beside left, touch left toe to left (9:00)
- &7&8 Step left beside right, touch right toe to right side, turning ¼ turn right step on right beside left, touch left toe to left (12:00)

BALL STEP FORWARD, REPLACE, COASTER ¼ TURN, FORWARD, REPLACE, ½ SHUFFLE TURN

- &1-2 Step on ball of left beside right, rock/step forward on right, replace weight to left
- 3&4 Turn ¼ turn right stepping right back, step left beside right, step right forward (3:00)
- 5-6 Rock/step forward on left, replace weight to right
- 7&8 Turn ½ turn left to shuffle forward left, right, left (9:00)

¼ TURN STEPPING SIDE, BEHIND, ¼ FORWARD, ¾ PIVOT, HIP SWAY, SIDE SHUFFLE ¼ TURN

- 1-2 Turn ¼ turn left stepping right to right side, cross/step left behind right (6:00)
- &3-4 Turn ¼ turn right stepping right forward, step left forward, pivot turn ¾ turn right (weight on right) (6:00)
- 5-6 Step left to left side swaying hips left, right
- 7&8 Side shuffle stepping left to left, step right beside left, turn ¼ turn left stepping left forward (3:00)

REPEAT
