

Burning Ring

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Val Myers (UK)
音樂: Does My Ring Burn Your Finger - Lee Ann Womack



Sequence: AABC, A, B to the end

PART A

STEP, TOGETHER, STEP, LEFT BACK LOCK

1-4 Step forward right, step left beside right, step back right, hold
5-8 Step back left, lock right across left, step back left, hold

TRIPLE ¾ TURN RIGHT, CROSS, SIDE, BEHIND

1-4 Triple step ¾ turn right, stepping - right, left, right, hold
5-8 Cross left over right, step right to right side, cross left behind right, hold

BEHIND, SIDE, CROSS, STEP, BEHIND, CROSS

1-4 Step right behind left (with a slight sweep), step left to side, cross right over left, hold
5-8 Step left to left side, step right behind left turning slightly right, cross left over right, hold

STEP, BEHIND, CROSS, ¼ TURN RIGHT, TOGETHER, CROSS

1-4 Step right to right side, step left behind right turning slightly left, cross right over left, hold
5-8 Step back left turning ¼ right, step right beside left, cross left over right, hold

FORWARD LOCK STEPS TWICE

1-4 Step forward right, lock left behind right, step forward right, scuff
5-8 Step forward left, lock right behind left, step forward left, scuff

CROSS HEEL STRUT, BACK TOE STRUT, SIDE TOE STRUT, CROSS HEEL STRUT

1-2 Step right heel forward across left, drop right toe taking weight
3-4 Step left toe back, drop left heel taking weight
5-6 Step right toe to right side, drop right heel taking weight
7-8 Step left heel forward across right, drop left toe taking weight

BACK TOE STRUT, SIDE TOE STRUT, EXTENDED GRAPEVINE RIGHT

1-2 Step right toe back, drop right heel taking weight
3-4 Step left toe to left side, drop left heel taking weight
5-6 Step right to right side, cross left behind right
7-8 Step right to right side, cross left over right

STEP, HITCH, EXTENDED GRAPEVINE LEFT, HITCH

1-2 Step right to right side, hitch left knee
3-4 Step left to left side, cross right behind left
5-6 Step left to left side, cross right over left
7-8 Step left to left side, hitch right knee

HEEL STRUT ¼ TURN RIGHT, BACK TOE STRUT, HEEL STRUT ¼ TURN RIGHT, BACK TOE STRUT

1-2 Step right heel forward turning ¼ right, drop right toe taking weight
3-4 Step left toe back, drop left heel taking weight
5-6 Step right heel forward turning ¼ right, drop right toe taking weight
7-8 Step left toe back, drop left heel taking weight

MAMBO RIGHT, MAMBO LEFT

- 1-4 Rock right to right side, rock left in place, step right beside left, hold
5-8 Rock left to left side, rock right in place, step left beside right, hold

RIGHT MAMBO FORWARD, LEFT MAMBO BACK

- 1-4 Rock forward on right, rock left in place, step right beside left, hold
5-8 Rock back on left, rock right in place, step left beside right, hold

KICK, STEP TOGETHER, STEP TOGETHER

- 1-4 Kick right forward, step right beside left, step left beside right, hold

END OF PART A

PART B

MAMBO RIGHT, MAMBO LEFT

- 1-4 Rock right to right side, rock left in place, step right beside left, hold
5-8 Rock left to left side, rock right in place, step left beside right, hold

RIGHT MAMBO FORWARD, LEFT MAMBO BACK

- 1-4 Rock forward on right, rock left in place, step right beside left, hold
5-8 Rock back on left, rock right in place, step left beside right, hold

KICK, STEP TOGETHER, STEP TOGETHER

- 1-4 Kick right forward, step right beside left, step left beside right, hold

END OF PART B

PART C

CROSS HEEL STRUT, BACK TOE STRUT, SIDE TOE STRUT, CROSS HEEL STRUT

- 1-2 Step right heel forward across left, drop right toe taking weight
3-4 Step left toe back, drop left heel taking weight
5-6 Step right toe to right side, drop right heel taking weight
7-8 Step left heel forward across right, drop left toe taking weight

BACK TOE STRUT, SIDE TOE STRUT, EXTENDED GRAPEVINE RIGHT

- 1-2 Step right toe back, drop right heel taking weight
3-4 Step left toe to left side, drop left heel taking weight
5-6 Step right to right side, cross left behind right
7-8 Step right to right side, cross left over right

STEP, HITCH, EXTENDED GRAPEVINE LEFT, HITCH

- 1-2 Step right to right side, hitch left knee
3-4 Step left to left side, cross right behind left
5-6 Step left to left side, cross right over left
7-8 Step left to left side, hitch right knee

HEEL STRUT ¼ TURN RIGHT, BACK TOE STRUT, HEEL STRUT ¼ TURN RIGHT, BACK TOE STRUT

- 1-2 Step right heel forward turning ¼ right, drop right toe taking weight
3-4 Step left toe back, drop left heel taking weight
5-6 Step right heel forward turning ¼ right, drop right toe taking weight
7-8 Step left toe back, drop left heel taking weight

MAMBO RIGHT, MAMBO LEFT

- 1-4 Rock right to right side, rock left in place, step right beside left, hold
5-8 Rock left to left side, rock right in place, step left beside right, hold

RIGHT MAMBO FORWARD, LEFT MAMBO BACK

1-4 Rock forward on right, rock left in place, step right beside left, hold
5-8 Rock back on left, rock right in place, step left beside right, hold

END OF PART C

OPTION

The right and left mambos can be replaced by turning mambos, especially during the ending, as follows

1-4 Rock right to right side, full turn left in place, step right beside left, hold
5-8 Rock left to left side, full turn right in place, step left beside right, hold
