

# Ring Along

拍數: 48      牆數: 0      級數: Beginner Circle  
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音樂: Riding Alone - Rednex



Also:

Happy Birthday by Hot Bandidoz (144 bpm)

Intro 48 counts

**Walk forward – right, left, right, kick, Clap, walk back – left, right, left, Hold, Clap to sides**

1 – 4      Walk forward – right, left, right, kick left forward raising arms

5 - 8      Walk back – left, right, left, step right beside left and clap with the two dancers on your sides.

**Walk forward – right, left, right, kick, Clap, walk back – left, right, left, Hold, Clap to sides**

9 -12      Walk forward – right, left, right, kick left forward raising arms

13 -16      Walk back – left, right, left, step right beside left and clap with the two dancers on your sides.

**Step, Turn ¼ left , Walk forward -right , left, Shuffle forward, right and left**

17-20      Step R forward, turn ¼ left, Walk forward-right, left.

21&22      Step forward on right, close left beside right, step forward on right. \*

23&24      Step forward on left, close right beside left, step forward on left \*

**Step, turn ½ left , Walk forward -right , left, shuffles forward, right and left**

25-26      Step right forward, turn ½ left

27-28      Turn ½ left stepping right foot to right, turn ½ left stepping left foot forward.

29&30      Step forward on right, close left beside right, step forward on right.\*

31&32      Step forward on left, close right beside left, step forward on left. \*

**Heel, Touch, Heel, Touch, Heel, Touch, Heel, Touch**

33-34      Put right heel diagonally forward, step right foot beside left.

35-36      Put left heel diagonally forward, step left beside right.

37-38      Put right heel diagonally forward, step right foot beside left.

39-40      Put left heel diagonally forward, step left beside right.

**Camel walk R, Scuff, Camel walk L, Scuff**

41-42      Step forward right. Slide left beside right. Step forward right. Scuff left forward.

43-44      Step forward left. Slide right beside left. Step forward left. Scuff right forward.

**Camel walk R, Scuff, Walk forward-left, right, turn ¼ left, stomp**

45-46      Step forward right. Slide left beside right. Step forward right. Scuff left forward.

47-48      Step forward left. Step forward on right, turn ¼ left, stomp with right, keeping weight on left.

Begin again.

**Options: turn ½ left, turn ½ left-instead of walking forward-right, left**

19-20      Turn ½ left stepping right foot to right, turn ½ left stepping left foot forward.

27-28      Turn ½ left stepping right foot to right, turn ½ left stepping left foot forward.

Hold your hand up in front of you as if you are riding a horse, moving them up and down.