

Rings Around My Heart

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Count: 32

Wall: 4

Level: Improver

Choreographer: Lorna Dennis and Cathy Hodgson (UK) March 2018 (LDF)

Music: Smoke by A Thousand Horses - Southernality album (iTunes)

#16 count intro

Section 1: Basic night club right, side behind side, cross rock, side rock, cross, rock $\frac{1}{4}$ step

1,2 &step right to right side, rock back on left, recover weight onto right

3,4 &step left to left side, step right behind left, step left to left side

5&6&7cross rock right over left, recover weight onto left, rock right to right side, recover weight onto left, cross right over left

8&1rock left to left side, $\frac{1}{4}$ turn right as recovering weight onto right, step left forward

Section 2: Full turn over left shoulder, left mambo, sweep back, sweep, coaster cross

2&3 $\frac{1}{2}$ turn over left shoulder stepping right back, $\frac{1}{2}$ turn over left shoulder stepping left forward, step right forward

alternative steps - right shuffle

2&3step right forward, close left next to right, step right forward

4&5rock left forward, recover onto right, step back on left sweeping right round from front to back

6step back right sweeping left foot round from front to back,

7&8step left back, step right next to left, cross left foot across right

Section 3: Rumba box forward, rumba box back, lock step back, coaster step

1&2step right to right side, close left next to right, step right forward

3&4step left to left side, close right next to left, step left back

5&6step back right, lock left across right, step back right

7&8step left back, step right next to left, step forward left

Section 4: Rock out recover cross, rock out recover step, mambo ½ turn right, step ½ turn left step

1&2rock right to right side, recover weight onto left, cross right over left

3&4rock left to left side, recover weight onto right, step forward left

5&6rock right forward, recover weight onto left, half turn over right shoulder stepping right forward

7&8step left forward, ½ turn over right shoulder, step left forward

ENDING: - you'll be facing the front wall to do section 3 as follows:-

1&2step right to right side, close left next to right, step right forward

3&4step left to left side, close right next to left, step left back

5&6step back right, lock left across right, biiiiiiig step back, tap left toes across right - TA DAH!

Thank you to the IOW Eastbourne weekenders 2nd to 5th March 2018 and Sue Bridges for their contributions to the above dance