

Reggae Ribbons

LINEDANCE.COM

Count: 32

Wall: 2

Level: Improver

Choreographer: Ann Wood (July 2019)

Music: Help Me Make It Through The Night - John Holt . Cd: Reggae At It's Best

Music available From Amazon 16 Count Intro

SECTION 1: SIDE ROCK CROSS AND CROSS AND CROSS WITH $\frac{1}{4}$ LEFT TURN, LEFT MAMBO RIGHT COASTER HEEL

- 1 & 2** Rock Right To Side, Recover On Left Cross Step Right Over Left
- & 3 & 4** Step Left To Left Side, Cross Right Over Left, Make A $\frac{1}{4}$ Turn Left Stepping Left Forward, Step Right Beside Left (9 O'clock)
- 5 & 6** Rock Left Forward, Recover Onto Right, Step Left Back
- 7 & 8** Step Right Back, Close Left To Right, Extend Right Heel Forward

SECTION 2: AND WALK, WALK, MAMBO HALF TURN LEFT, STEP 14 TURN LEFT, CROSS SHUFFLE

- & 1 - 2** Step Right Foot Down, Walk Forward Left, Walk Forward Right,
- 3 & 4** Rock Forward On Left, Recover On Right, Make $\frac{1}{2}$ Turn Left Stepping Left Forward (3 O'clock)
- 5 - 6** Step Forward Right Make $\frac{1}{4}$ Turn Left (12 O'clock)
- 7 & 8** Cross Right Over Left, Step Left To Left Side, Cross Right Over Left

SECTION 3: LEFT CHASSE, BACK ROCK SIDE EXTENDED WEAVE TO RIGHT WITH $\frac{1}{4}$ TURN RIGHT

- 1 & 2** Step Left To Left Side, Close Right To Left, Step Left To Left Side
- 3 & 4** Rock Right Behing Left, Recover On To Left Step Right To Right Side
- 5 & 6** Step Left Behind Right, Step Right To Right Side, Cross Step Left Over Right
- & 7 & 8** Step Right To Right Side, Step Left Behind Right, Step Right $\frac{1}{4}$ Right, Step Left Forward (3 O'clock)

SECTION 4: RIGHT AND LEFT HEEL JACKS, FORWARD RIGHT MAMBO, $\frac{3}{4}$ TURNING SHUFFLE TO LEFT

- 1 & 2** Cross Right Over Left, Step Left Back, Extend Right Heel Forward

- & 3 & 4** Step Right Down, Cross Left Over Right, Step Right Back. Extend Left Heel Forward
- & 5 & 6** Step Left Down, Rock Right Forward, Recover Onto Left, Step Right Back
- 7 & 8** Make $\frac{3}{4}$ Turn Left Stepping Left, Right, Left (6 O'clock)

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=135988