

# BAND OF GOLD

LINEDANCE.COM

**Count:** 40

**Wall:** 2

**Level:** beginner/intermediate

**Choreographer:** Bill James

**Music:** Band Of Gold by Freda Payne

## KICK BALL CROSS, KICK BALL CROSS, SIDE ROCK, CROSS SHUFFLE

- 1&2** Kick right forward, step ball of right beside left, cross step left over right
- 3&4** Kick right forward, step ball of right beside left, cross step left over right
- 5-6** Rock right to right side, rock weight back onto left
- 7&8** Cross step right over left, step left to left side, cross step right over left

## LEFT WEAVE, SIDE ROCK ¼ TURN, SHUFFLE

- 9-10** Step left to left side, cross step right behind left
- 11-12** Step left to left side, cross step right over left
- 13-14** Rock left to left side, rock weight back onto right making ¼ turn right
- 15&16** Step left forward, close right beside left, step left forward

## FULL TURN, SHUFFLE, ROCK, TRIPLE ¾ TURN

- 17-18** Make ½ turn left stepping right back, make ½ turn left stepping left forward
- 19&20** Step right forward, close left beside right, step right forward
- 21-22** Rock forward on left, rock weight back onto right
- 23&24** Triple ¾ turn left stepping left, right, left

## HEEL BALL CROSS, HEEL BALL CROSS, SIDE ROCK ¼ TURN, SHUFFLE

- 25&26** Touch right heel forward, step ball of right beside left, cross step left over right
- 27&28** Touch right heel forward, step ball of right beside left, cross step left over right
- 29-30** Rock right to right side, rock weight back onto left making ¼ turn left
- 31&32** Step right forward, close left beside right, step right forward

## HEEL BALL CROSS, HEEL BALL CROSS, ROCK, TRIPLE ¾ TURN

- 33&34** Touch left heel forward, step ball of left beside right, cross step right over left
- 35&36** Touch left heel forward, step ball of left beside right, cross step right over left
- 37-38** Rock forward on left, rock weight back onto right

**39&40** Triple  $\frac{3}{4}$  turn left stepping left, right, left

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=64073](https://www.linedance.com/index.php?f=dance_view&id=64073)