

Band of Gold (P)

LINEDANCE.COM

Count: 48

Wall: —

Level: Improver Partner

Choreographer: Theresa Needham

Music: You're My Best Friend - Tommy Scott (142 Bpm)

16 Intro (Start On The Word Gold) Sweetheart Position

Or Mary Duff & Daniel O'donnell (110 Bpm) 16 Intro (Start On The Word 'Gold')

Alt. Music: Walk On By - Leroy Van Dyke (120 Bpm) 16 Count Intro.

STEP L HITCH R STEP R HITCH L LOCK STEP HOLD

1 - 2 - 3 - 4 Step forward on L hitch R across L, step forward on R hitch L across R,

5 - 6 - 7 - 8 Step forward on L lock R behind L, step forward on L, Hold (slightly to the diagonal)

STEP R HITCH L STEP L HITCH R LOCK STEP HOLD

1 - 2 - 3 - 4 Step forward on R hitch L across R, step forward on L hitch R across L,

5 - 6 - 7 - 8 Step forward on R lock L behind R, step forward on R, Hold (slightly to the diagonal)

VINE L TOUCH R, VINE R TOUCH L, (LADY ROLLING VINE R)

1 - 2 - 3 - 4 Step L to L side, step R behind L, step L to L side, touch R beside L

5 - 6 - 7 - 8

MAN.

Release L hand, Step R to R side, step L behind R, step R to R side, touch L beside R

(Rejoin hands)

LADY.

Turn R stepping forward on R, $\frac{1}{2}$ turn R stepping back onto L, $\frac{1}{4}$ turn R stepping R to R side, touch L

beside R

FORWARD TOUCH BACK TOUCH ROCKING CHAIR

1 - 2 - 3 - 4 Step forward on L touch R behind L, step back on R touch L across R

5 - 6 - 7 - 8 Rock forward on L, recover on R step back on L, recover on R

¼ MODIFIED RUMBA BOX

1 - 2 - 3 - 4 ¼ turn R stepping L to L side, step R next to L, step forward on L, hold (OLD)

5 - 6 - 7 - 8 Step R to R side, step L beside R step back on R, hold

SIDE TOGETHER ¼ POINT CROSS POINT WALK WALK

1 - 2 - 3 - 4 Step L to L side, step R beside L, ¼ turn L stepping forward on L point R to R side (LOD)

5 - 6 - 7 - 8 Cross step R over L, point L to L side, walk forward L walk forward R

Contact: maurice.needham@ntlworld.com