

## Ring Ring

64 count, 2 wall, intermediate level

Choreographer: John Dowling (UK) Oct 04

Choreographed to: Ring, Ring by Abba from the Abba

More Gold album, bpm 136

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16 count intro (start on vocals)

### Section 1 Forward heel rock recovers, forward shuffle x 2

- 1-2 Step forward on right heel, step left heel next to right shoulder width apart (do not lower toes)  
3-4 Step right foot back to start position, step left foot back to start position Step, step  
5&6 Step right forward, step left next to right, step right forward  
7&8 Step left forward, step right next to left, step left forward

### Section 2 Turning jazz box, ¼ Monterey turn

- 1-2 Cross right over left, step slightly back on left making a 1/8 turn right  
3-4 Step right slightly to side making a 1/8 turn right, step left next to right (completes a ¼ turn)  
5-6 Touch right toe out to side, pivot ¼ turn right with weight on left foot stepping right in place ¼ monterey turn  
7-8 Touch left out to side, step left next to right

### Section 3 Forward shuffle x 2, rock recover, ½ turn step

- 1&2 Step right forward, step left next to right, step right forward  
3&4 Step left forward, step right next to left, step left forward  
5-6 Rock step forward on right, recover weight back onto left  
7-8 Making a ½ turn right, step forward on right, step forward on left

### Section 4 Slow forward mambo, hold, slow backward mambo, hold

- 1-2 Rock step forward on right, recover weight back onto left  
3-4 Step back on right, hold  
5-6 Rock step back on left, recover weight forward onto right  
7-8 Step forward on left, hold

### Section 5 Forward shuffle x 2, rock recover, ½ turn step [repeat section 3]

- 1&2 Step right forward, step left next to right, step right forward  
3&4 Step left forward, step right next to left, step left forward  
5-6 Rock step forward on right, recover weight back onto left  
7-8 Making a ½ turn right, step forward on right, step forward on left

### Section 6 Turning jazz box x 2

- 1-2 Cross right over left, step slightly back on left making a 1/8 turn right  
3-4 Step right slightly to side making a 1/8 turn right, step left next to right (completes a ¼ turn)  
5-6 Cross right over left, step slightly back on left making a 1/8 turn right  
7-8 Step right slightly to side making a 1/8 turn right, step left next to right (completes a ¼ turn)  
[Restart dance on wall 3]

### Section 7 Forward shuffle x 2, rock recover, ½ turn step [repeat section 3]

- 1&2 Step right forward, step left next to right, step right forward  
3&4 Step left forward, step right next to left, step left forward  
5-6 Rock step forward on right, recover weight back onto left  
7-8 Making a ½ turn right, step forward on right, step forward on left

### Section 8 Slow forward mambo, hold, slow backward mambo, hold [repeat section 4]

- 1-2 Rock step forward on right, recover weight back onto left  
3-4 Step back on right, hold  
5-6 Rock step back on left, recover weight forward onto right  
7-8 Step forward on left, hold

NOTES: On 3rd wall dance to end of section 6 and restart dance (easy to spot as this is the end of the chorus)

STYLING: When dancing forward shuffles hold right & left hands alternately to your ear mimicking a telephone as singer sings "Ring, Ring"

Dance can be ended by repeating last 16 counts at end of 2nd chorus