

Band Of Gold

40 count, 4 wall, Intermediate level

Choreographer : Maggie Gallagher (UK) August 2001

Choreographed to : Band Of Gold on The Maggie G

Experience CD: "Band Of Gold" (120 bpm)

1-8 SIDE, BEHIND & KICK & CROSS, CHASSE LEFT, BACK-ROCK

- 1,2& Step right to side, Step left behind right, Step right to side
- 3&4 Low kick left to left diagonal, Step left next to right, Cross step right over left
- 5&6 Step left to side, Step right together, Step left to side
- 7,8 Rock back onto right, Recover weight onto left

9-16 1/4 TURN, 1/2 TURN, TRIPLE 1/2 TURN, FORWARD-ROCK, SAILOR 1/4 RIGHT

- 1,2 Turn 1/4 right and step onto right, Turn 1/2 right and step back on left
- 3&4 Triple-step 1/2 turn right stepping right, left, right
- 5,6 Rock forward onto left, Recover weight onto right
- 7&8 Step left behind right, Step right to side with 1/4 turn right, Step left in place

17-25 BACK-ROCK, SLIDE, TOUCH, SIDE, TOUCH, BUMP, BUMP

- 1,2 Cross-rock right behind left, Recover weight onto left (this should prepare you for the slide on 3,4)
- 3,4 Large step right to side sliding left to meet right, Touch left next to right
- 5,6 Step left to side, Touch right next to left
- 7,8 Small step right to side bumping hips right, Bump hips left

26-32 RIGHT, LEFT, CLAP, RIGHT SHUFFLE, FORWARD-ROCK, 1/2 TURN TRIPLE

- &1,2 Step forward on right, Stomp forward on left, Clap hands
- 3&4 Step forward on right, Step left together, Step forward on right
- 5,6 Rock forward on left, Recover weight onto right
- 7&8 Triple step 1/2 turn left stepping Left, Right, Left

33-40 RIGHT, LEFT, CLAP, RIGHT SHUFFLE, FORWARD-ROCK, 1/4 TOUCH

- &1,2 Step forward on right, Stomp forward on left, Clap hands
- 3&4 Step forward on right, Step left together, Step forward on right
- 5,6 Rock forward on left, Recover weight onto right
- 7,8 Step 1/4 turn left on left, Touch right together

Begin again.