



Approved by:



Band Of Love

4 WALL – 40 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 2 3 & 4 5 – 6 7 & 8	Side, Touch, Kick Ball Cross (x 2) Step right to right side. Touch left beside right. Kick left forward. Step left beside right. Cross right over left. Step left to left side. Touch right beside left. Kick right forward. Step right beside left. Cross left over right.	Side Touch Kick Ball Cross Side Touch Kick Ball Cross	Right Forward Left Forward
Section 2 1 – 2 3 & 4 5 – 6 7 – 8	Skate x 2, Right Shuffle, Forward Rock, Full Turn Skate right forward. Skate left forward. Step right forward. Close left beside right. Step right forward. Rock forward on left. Recover onto right. Turn 1/2 left stepping left forward. Turn 1/2 left stepping right forward. (12:00)	Skate Skate Right Shuffle Rock Forward Full Turn	Forward On the spot Turning left
Section 3 1 & 2 3 – 4 5 & 6 7 & 8	Lock Step Back, Back Rock, Kick Ball Cross x 2 Step left back. Lock right across left. Step left back. Rock back on right. Recover onto left. Kick right forward. Step right beside left. Cross left over right (bend knees). Kick right forward. Step right beside left. Cross left over right (bend knees).	Back Lock Back Rock Back Kick Ball Cross Kick Ball Cross	Back On the spot Forward
Section 4 1 – 2 3 & 4 5 & 6 7 – 8	Stomp, Touch, Kick Ball Cross, Chasse, Back Rock Stomp right to right side. Touch left to side (or scuff forward). Kick left forward. Step left beside right. Cross right over left. Step left to left side. Close right beside left. Step left to left side. Rock back on right. Recover onto left.	Stomp Touch Kick Ball Cross Chasse Left Rock Back	On the spot Forward Left On the spot
Section 5 1 – 2 3 & 4 5 & 6 7 – 8	1/4 Turn Stomp, Touch, Kick Ball Cross, Chasse, Back Rock Turn 1/4 left and stomp right to right side. Touch left to side (or scuff forward). (9:00) Kick left forward. Step left beside right. Cross right over left. Step left to left side. Close right beside left. Step left to left side. Rock back on right. Recover onto left.	Quarter Touch Kick Ball Cross Chasse Left Rock Back	Turning left Forward Left On the spot
Tag 1 – 2 3 – 4 5 – 8 1 – 2 3 – 4 5 – 8	Danced after Wall 3: Monterey 1/4 Turn x 2, Jazz Box 1/4 Turn x 2 Touch right to right side. Turn 1/4 right stepping right beside left. Touch left to left side. Step left beside right. Repeat counts 1 – 4. Cross right over left. Step left back. Turn 1/4 right stepping right to right side. Cross left over right. Repeat counts 1 – 4.	Touch Turn Touch Together Cross Back Quarter Cross	Turning right On the spot Back Turning right

Choreographed by: Francien Sittrop (NL) August 2013

Choreographed to: 'Band Of Gold (Almighty Radio Edit)' by Kimberley Locke from CD Band Of Gold (Remixes); download available from iTunes (32 count intro)

Tag: There is one 16-count Tag at the end of Wall 3



A video clip of this dance is available at www.linedancermagazine.com