



## Rings Around My Heart

32 Count, 4 Wall, Improver

Choreographer: Lorna Dennis & Cathy Hodgson (UK)

Mar 2018

Choreographed to: Smoke by A Thousand Horses.

Album: Southernality

**Intro: 16 counts**

**Section 1 Basic night club right, side behind side, cross rock, side rock, cross, rock ¼ step**

1,2 & step right to right side, rock back on left, recover weight onto right  
3,4 & step left to left side, step right behind left, step left to left side  
5&6&7 cross rock right over left, recover weight onto left, rock right to right side,  
recover weight onto left, cross right over left  
8&1 rock left to left side, ¼ turn right as recovering weight onto right, step left forward

**Section 2 Full turn over left shoulder, left mambo, sweep back, sweep, coaster cross**

2&3 ½ turn over left shoulder stepping right back, ½ turn over left shoulder stepping left forward,  
step right forward alternative steps – right shuffle  
2&3 step right forward, close left next to right, step right forward  
4&5 rock left forward, recover onto right, step back on left sweeping right round from front to back  
6 step back right sweeping left foot round from front to back,  
7&8 step left back, step right next to left, cross left foot across right

**Section 3 Rumba box forward, rumba box back, lock step back, coaster step**

1&2 step right to right side, close left next to right, step right forward  
3&4 step left to left side, close right next to left, step left back  
5&6 step back right, lock left across right, step back right  
7&8 step left back, step right next to left, step forward left

**Section 4 Rock out recover cross, rock out recover step, mambo ½ turn right, step ½ turn left step**

1&2 rock right to right side, recover weight onto left, cross right over left  
3&4 rock left to left side, recover weight onto right, step forward left  
5&6 rock right forward, recover weight onto left, half turn over right shoulder stepping right forward  
7&8 step left forward, ½ turn over right shoulder, step left forward

**ENDING you'll be facing the front wall to do section 3 as follows:-**

1&2 **step right to right side, close left next to right, step right forward**  
3&4 **step left to left side, close right next to left, step left back**  
5&6 **step back right, lock left across right, biiiiiiig step back, tap left toes across right – TA DAH!**

Thank you to the IOW Eastbourne weekenders 2nd to 5th March 2018 and Sue Bridges for their contributions to the above dance