

Band of Gold

Count: 40

Wall: 4

Level: Improver

Choreographer: Graham Mitchell (UK) - May 2013

Music: Band of Gold (Almighty Radio Edit) - Kimberley Locke

SECTION 1

[1-8] POINTS, FRONT, SIDE, BACK POINT, CROSS POINT, SHUFFLE

1-2 Point right toe forward, side
3-4 Step back Right, point Left to left side
5-6 Cross left over Right, Point right to right side
7&8 Cross right over left, step left beside right, step right to left diagonal

SECTION 2

[1-8] ROCK, SHUFFLE BACK, ½ UNWIND, SHUFFLE

1-2 Rock forward on left, recover on Right
3&4 Step back left, close right beside left, step back Left
5-6 Touch Right toe behind left, Unwind ½ turn right
7&8 Step left to left diagonal, close right beside left, step forward Left

SECTION 3

[1-8] ROCK, SIDE ROCK, BEHIND SIDE, CROSS SHUFFLE

1-2 Rock forward on Right, Recover left
3-4 Rock right foot to right side, Recover on left
5-6 Step right behind left, step left to left side
7&8 Cross Right over left, step left to left side, cross Right over left

SECTION 4

[1-8] SIDE ROCK, SAILOR ¼, ROCK, ½ SHUFFLE TURN

1-2 Rock left to left side, recover on right
3&4 Sailor ¼ left, stepping left right left
5-6 Rock forward on right, recover left
7&8 ½ turn shuffle right, stepping right left right

SECTION 5

[1-8] ROCK STEP, COASTER STEP, ½ MONTEREY

1-2 Rock forward on left, recover right
3&4 step back Left, close right beside left, step forward left
5-6 point right to right side, ½ turn right, place right beside left
7-8 Point left to left side, replace left beside right

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