

RING MY BELLS

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MUSIC: Enrique Iglesias, Insomniac CD, track 1; Downloadable; delete 1st 17.8 seconds.
RHYTHM: Rumba/Foxtrot **TIME @ BPM:** 3:34 at CD speed

PHASE (+): 4 + Cuddle + Trade Places

FOOTWORK: Opposite unless indicated (W's footwork in parentheses)

SEQUENCE: **INTRO; A, BRIDGE 1, A, BRIDGE 2, B, BRIDGE 1, B MOD, END.**

MEAS.

INTRODUCTION

1-2 **WAIT; SWAY L & R;**
SS 1-2 Cuddle CP fcg WALL, Heads down, lead ft free, WAIT; Raise heads & look at partner. Shift body weight to lead foot, -, shift body weight to trailing foot, -;
3-6 **CUDDLE, TWICE;; CROSS BODY;;**
QQS 3-4 Push sd L, rec R, cl L (W trn RF on L, rk bk R in M's R arm to fc LOD, rec L to fc ptr, sd R to momentary cuddle pos), -; Push sd R, rec L, cl R (W trn LF on R, rk bk L in M's L arm to fc RLOD, rec R to fc ptr, sd L to CP Wall), -;
5-6 Fwd L, rec R, trng LF sd L to L-shaped pos, (bk R, rec L, fwd R) -; Bk R cont LF trn sml fwd L, sd & fwd R to cuddle CP COH (fwd L com LF trn, fwd R trng ½ LF, sd & bk L), -;
7-10 **CUDDLE, TWICE;; CROSS BODY;;**
7-10 Repeat meas 3-6 ending in BFLY Wall;;;;

PART A

1-4 **HALF BASIC; NEW YORKER; CRAB WALKS;;**
QQS 1-2 Fwd L, rec R, sd L, -; Swvlng on L stp thru on R w/straight leg, rec L & swvl to fc, sd R, -;
3-4 Cross L in frnt of R, sd R, cross L in frnt of R, -; Sd R, cross L in frnt of R, sd R, -;
5-8 **REV UNDERARM TURN; CUCARACHA; ALEMANA;;**
5-6 Ldng W to trn LF undr jnd ld hnds XLIF, rec R trng RF to fc wall, sd L, (XRIF comm LF trn ½, rec L comp LF trn to fc ptr, cls R,) -; Sd R, rec L, cls R, -;
7-8 Fwd L, rec R, cls L ldng W to trn RF, (Bk R, rec L, sd R comm RF swvl,) -; Bk R, rec L, sd R ldng W to M's rt sd, (cont RF trn undr jnd lead hnds Fwd L, cont trn Fwd R twd M's rt sd, fwd L) -;
9-12 **LARIATT;; SHOULDER TO SHOULDER, TWICE TO HAND SHAKE;;**
9-10 Ldng W to circ RF arnd M keeping ld hnds jnd sd L, rec R, cls L, (circlng RF arnd M fwd R, fwd L, fwd R,) -; Sd R, rec L, cls R ldng W to fc M, (cont circ arnd M fwd L, fwd R, fwd L to fc M,) -;
11-12 Fwd L to BFLY SCAR, rec R to fc, sd L, -; Fwd R to BFLY BJO, rec L to fc, sd R, to rt hnd shake -;
13-16 **FLIRT TO FAN;; HOCKEY STICK, OVERTURN TO HAND SHAKE;;**
13-14 Fwd L, rec R, cls L ldng W to trn ½ LF, (bk R, rec L comm LF trn, cont trn fwd & sd R to VAR,) -; Bk R, rec L, sd R (bk L, rec R, sd L mvng in frnt of M & trng ¼ RF to fan pos,) -;
15-16 Fwd L, rec R, cl L, (Cl R, fwd L, fwd R,) -; Bk R, raise ld arm to trn W LF rec L, fwd R trng 1/8 LF to fc wall in rt hnd shake, (fwd L, fwd R trng LF undr jnd ld hnds, sd & bk L,) -;

- 17-20 **TRADE PLACES, TWICE;; OPEN BREAK; UNDERARM TURN TO CUDDLE CP;**
 17-18 R hnds jnd rk apt L, rec R trng ¼ RF to fc RLOD rel hnds, cont trng RF to fc ptr & COH stpng sd & bk L jng L hnds, (rk aprt R, rec L trng ¼ LF to fc RLOD, cont trng to fc ptr & WALL stpng sd & bk R to join L hnds,) -; Rk aprt R, rec L trng LF ¼ trn to fc RLOD rel hnds, cont trng LF to fc ptr & WALL stpng sd & bk R jng R hnds, (rk aprt L, rec R trng ¼ RF to fc RLOD, cont trng to fc ptr & COH stpng sd & bk L to join R hnds,) -;
 19-20 Maintaining hnd shk rk apt L extending free arms, rec R, sd L, -; Raise jnd hnds trn sltly RF & cross R bhnd L, rec L squaring body to fc ptrnr, sd R to cuddle CP, (Cross L in frnt undr jnd ld hnds comm ½ RF trn, rec R comp RF trn ro fc ptrnr, sd L) -;

BRIDGE 1

- 1-4 **CUDDLE, TWICE;; HIP ROCK 3, TWICE;;**
 QQS 1-2 Repeat meas 3 & 4 of INTRO;; Moving through hips rk sd L, rk sd R, rk sd L, -; Rk sd R, rk sd L, rk sd R to BFLY, -;

REPEAT PART A**BRIDGE 2**

- 1-4 **CUDDLE, TWICE;; CROSS BODY;;**
 QQS 1-4 Repeat meas 3-6 of INTRO;;;;
 5-8 **CUDDLE, TWICE;; CROSS BODY;;**
 5-8 Repeat meas 7-10 of INTRO;;;; Ending in CP DLW

PART B FOXTROT

- 1-4 **WHISK; IN & OUT RUNS;; THROUGH SIDE CLOSE TO CP DLW;**
 SQQ 1-2 Fwd L, -, fwd & sd R comm rise to ball of ft, cross L bhd R to full rise on ball of ft to tight SCP; Fwd R comm RF trn, -, sd & bk DLW L to CP, bk R to BJO (Fwd L, -, fwd R btwn M's ft, fwd L outsd M to BJO);
 3-4 Bk L trng RF, -, sd & fwd R btwn W feet cont RF trn, fwd L to SCP (Fwd R comm RF trn, -, fwd & sd L cont RF trn, fwd R to SCP); Fwd R comm trn to fc ptr, -, sd L, cls R to CP DLW;
 5-10 **HOVER; SLOW SIDE LOCK; DIAMOND TURNS;;;;**
 5-6 Fwd L, -, fwd & sd R rising to ball of ft, sd & fwd L to tight SCP DLC; Thru R, -, sd & fwd L to CP DLC, cross R bhnd L (Thru L comm LF trn, -, sd & bk R cont LF trn to CP DRW, cross L in frnt of R);
 7-8 Fwd L trng LF on the DIAG, -, cont LF trn sd R, bk L with ptr in CBMP; staying in CBMP trn LF bk R, -, sd L, fwd R outsd of ptr in CBMP M fc DRW;
 9-10 Fwd L trng LF, -, cont LF trn sd R, bk L with ptr in CBMP; staying in CBMP trn LF bk R, -, sd L, fwd R to DLC;
 11-14 **TELEMARK TO SEMI; OPEN NATURAL; IMPETUS TO SEMI; SLOW SIDE LOCK;**
 11-12 Fwd L comm LF trn, -, sd R cont LF trn, sd & fwd L to tight SCP DLW(Bk R comm LF trn bringing L beside R with no weight, -, trn LF on R heel & chng wt to L, sd & fwd R); Fwd R comm RF upper body trn, -, sd L across LOD, cont RF upper body trn bk R to CBMP to DRW (Comm RF upper body trn fwd L in CBMP, -, cls R to CP, fwd L to CBMP);
 13-14 Bk L comm RF upper body trn, -, cls R to L with heel trn, fwd L to tight SCP DLC(fwd R btwn M's ft pvt ½ RF, -, sd & bk L cont trn, fwd R); repeat part B, measure 6;
 15-18 **REVERSE WAVE;; CLOSED IMPETUS; FEATHER FINISH;**
 15-16 Fwd L stg LF body trn, -, sd R LOD, bk L DLW; Bk R, -, bk L, bk R curving LF to DRW;

- 17-18 Bk L comm RF trn, -, cls R to L with heel trn, sd & bk L to CP DLC (Comm RF uppr body trn fwd R btwn M's ft heel to toe trng 1/2 RF, -, sd & fwd L cont RF trn arnd M & brsh R to L, fwd R btwn M's ft to CP); Bk R trng LF, -, sd & fwd L, fwd R outsd W crossing R leg in frnt of L at thighs to CBMP DLC;
- 19-20 **TELEMARK TO SEMI; THROUGH SIDE CLOSE TO CP DLW;**
- 19-20 Repeat measure 11 of Part B; Repeat measure 4 of Part B;

REPEAT BRIDGE 1

PART B MODIFIED

- 1-11 **Repeat measures 1 thru 11;;;;;;;;;;;;;**
- 12 **THROUGH SIDE TO CUDDLE CP;**
- SQQ 12 Fwd R comm trn to fc ptr, -, sd L, cls R to cuddle CP DLW;

END

- 1-3 CUDDLE, TWICE;; SLOW SWAY L & R, LOWER HEADS AND HOLD;**
- QQS; 1-3 Repeat meas 3 & 4 of INTRO;; Shift body weight to lead foot, -, shift body weight to trailing foot, lower heads and hold;
- QQS;
- SS;