



## Ring Ring

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 E-mail: [peterandchama@insyncdancers.org](mailto:peterandchama@insyncdancers.org) **Date:** 05/01/2010 v2  
**Record:** Ring Ring **Artist:** ABBA **Tempo:** +2.1% **Pitch:** -1.0%

### **Download Link:**

[http://www.amazon.com/gp/product/B001NB6GG2/ref=dm\\_dp\\_trk1?ie=UTF8&qid=1309749025&sr=301-1](http://www.amazon.com/gp/product/B001NB6GG2/ref=dm_dp_trk1?ie=UTF8&qid=1309749025&sr=301-1)

**Footwork:** Opposite unless noted (Woman's footwork in parenthesis)

**Rhythm:** Two Step Roundalab Phase 2

**Sequence:** Intro - A - Bridge - B - A - Bridge - B (1-22) - Ending

### Meas

### Intro

#### 1 - 4 **WAIT;; TWRL VN 2; WLK & PKUP;**

1-4 Wait 2 meas. fcg partner lead hnds joined;; Sd L, -, XIB R (Fwd R down LOD begin ¼ RF trn, -, fwd L cont ¾ RF trn to fc ptr), -; Fwd L beg LF trn, -, cont LF trn cl R to fc LOD, -;

### Part A

#### 1 - 8 **TWO FWD 2 STEPS;; TWO PROG SCISS;; FWD HITCH: HITCH/SCISS; SCOOT; WLK 2;**

1-4 Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -; Sd L, cl R, XIF L, -; Sd R, cl L, XIF R, -;

5-8 Fwd L, cl R, bk L, -; Bk R, cl L, fwd R, (Fwd L trn ¼ RF, cl R, cont RF trn thru L to SCP/LOD) -; Fwd L, cl R, fwd L, cl R; Fwd L, -, fwd R, -;

#### 9-16 **TWO FWD 2 STEPS;; QK BBALL TRN; QK HITCH 4; TWO FWD 2 STEPS;; STRUT 4;;**

9-12 Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -; Fwd L trn ¼ RF, rec R cont RF trn to fc RLOD, fwd L trn ¼ RF, rec R cont RF trn to fc LOD; Fwd L, cl R, bk L, cl R;

13-16 Repeat meas. 9-10;; Fwd R, -, fwd L, -; Fwd L, -, fwd R;

### Bridge

#### 1 - 4 **CHARLESTONS;;;;**

1-4 Fwd L, -, pt fwd R, -; Bk R, -, pt bk L, -; Fwd L, -, pt fwd R, -; Bk R, -, pt bk L, - trn to fc ptr & wall;

### Part B

#### 1 - 8 **LF TRN BOX;;;; BOX;; HLF BOX; SCISS THRU;**

1-4 Sd L, cl R, fwd L trn ¼ LF, -; Sd R, cl L, bk R trn ¼ LF, -; Sd L, cl R, fwd L trn ¼ LF, -; Sd R, cl L, bk R trn ¼ LF, -;

5-8 Sd L, cl R, fwd L, -; Sd R, cl L, bk R, -; Sd L, cl R, fwd L, -; Sd R, cl L, XIF R to SCP/LOD;

#### 9-16 **TWO FWD 2 STEPS;; HITCH DBL;; TRAV BOX w/DBL STOMP;;;;**

9-12 Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -; Fwd L, cl R, bk L, -; Bk R, cl L, fwd R to CP/WALL, -;

13-16 Sd L, cl R, fwd L trn ¼ RF (bk R trn ¼ LF) to RSCP, -; Fwd R, -, fwd L, trn to fc ptr -; Sd R, cl L, bk R trn ¼ LF (fwd L trn ¼ RF) to SCP, -; Fwd L, brush, stomp R/stomp R, -;

#### 17-24 **TWO FWD 2 STEPS;; TWO TRNG 2 STPS;; TWO FWD 2 STEPS;; TWRL VN 2; WLK & PKUP;**

17-24 Repeat meas. 9-10 to CP/WALL, -; Sd L, cl R, sd & fwd L trng RF across LOD, -; Sd R, cl L, sd & fwd R trng RF to SCP/LOD, -; Repeat meas. 9-10 to CP/WALL, -;; Repeat meas. 3-4 of Intro,-;;

### Ending

#### 1 - 5 **OK HITCH 4 TWICE;; WLK 2; TWRL VN 2; APART - PT;**

1-4 Repeat meas. 12 of Part A twice;; Fwd L, -, fwd R, -; Sd L, -, XIB R (Fwd R down LOD begin ¼ RF trn, -, fwd L cont ¾ RF trn to fc ptr), -; Apart L, -, point R towards diag LOD/Wall;