RING MY BELLS

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Website: "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, -;
5-8 REV UNDERARM TURN; CUCARACHA; ALEMANA;;
5-6 Ldng W to trn LF undr jnd ld hnds XLIIF, 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 trn 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 mving in frnt of M & trng ½ 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 R 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 stngly RF & cross R bhd L, rec L squaring body to fc prtnr, sd R to cuddle CP, (Cross L in frnt undr jnd ld hnds comm ½ RF trn, rec R comp RF trn ro fc prtnr, 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 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; 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 bhd 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 fvd 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 ½ 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;