

## Band of Gold

40 count, 4 wall, beginner/intermediate level  
Choreographer: William Sevone (Aus) Apr 04  
Choreographed to: Band Of Gold by Freda Payne  
from Best Of ;many compilations, bpm 106

Choreographers note:- "Band Of Gold" by Freda Payne is like "I Will Survive" by Gloria Gaynor or "Jimmy Mack" by Martha & The Vandellas (as well as many others). They are as perennial as the grass. They may grate on the teeth sometimes - but they all have one thing in common - they conjure up many memories and get the feet moving at the same time. Though the step combinations may look straight forward enough the dance is in a very much 'stop-go' (or slow-fast) format and appearances are deceptive. This is deliberate as the dancer will encounter this format many times as they progress through the levels and more complicated dances. The number of 'forced' and 'natural turn' combinations plus the general format of the dance will make it suitable for established Beginners who have just progressed into the Advanced Beginner section of the new levels.

Always remember - 'The beat may reach your feet - but the rhythm will electrify your soul'. Dance starts on the word ".....gone" as in "Now that you have gone" at the start of the vocals. Feet slightly apart with weight on the left foot.

### **2x Cross Push-Recover. 1/4 Left Step Fwd. Pivot 1/2 Left (3:00)**

- 1 - 2 Cross push step right foot over left. Step onto left foot.
- 3 Step right foot to right side.
- 4 - 5 Cross push step left foot over right. Step onto right foot.
- 6 Step left foot to left side.
- 7 - 8 Turn 1/4 left & step forward onto right foot. Pivot 1/2 left (weight on left foot).

### **1/4 Left Chasse Right. 1/4 Right. Pivot 1/2 Right. 1/4 Right Chasse Left.**

#### **1/4 Left Step Fwd. Pivot 1/2 Left (3:00)**

- 9& 10 Turn 1/4 left & step right foot to right side, step left foot next to right, step right foot to right side.
- 11 - 12 Turn 1/4 right & step forward onto left foot. Pivot 1/2 right (weight on right foot).
- 13& 14 Turn 1/4 right & step left foot to left side, step right foot next to left, step left foot to left side.
- 15 - 16 Turn 1/4 left & step forward onto right foot. Pivot 1/2 left (weight on left foot).

### **1/4 Left Side Step. Step Behind. Side Step. Behind Toe Touch. Side Step. Step Behind.**

#### **Behind Toe Touch (12:00).**

- 17 - 18 Turn 1/4 left & step right foot to right side. Cross step left foot behind right.
- 19 - 20 Step right foot to right side. Cross touch left toe behind right foot (click fingers at chest height)
- 21 - 22 Step left foot to left side. Cross step right foot behind left.
- 23 - 24 Step left foot to left side. Cross touch right toe behind left foot (click fingers at chest height)

### **2x Chasse Right-Cross Step-Finger Click (12:00).**

- 25& 26 Step right foot to right side, step left foot next to right, step right foot to right side.
- 27 - 28 Cross step left foot over right. With right heel raised off floor - click fingers at chest height.
- 29& 30 Step right foot to right side, step left foot next to right, step right foot to right side.
- 31 - 32 Cross step left foot over right. With right heel raised off floor - click fingers at chest height.

### **1/4 Right Diag Step Bwd. Toe Touch. 3x Diagonal Step Bwd-Toe Touch (3:00).**

- 33 - 34 Turn 1/4 right & step backward diagonally right onto right foot. Touch left toe next to right foot
- 35 - 36 (diagonal left) Step backward onto left foot. Touch right toe next to left foot.
- 37 - 38 (diagonal right) Step backward onto right foot. Touch left toe next to right foot.
- 39 - 40 (diagonal left) Step backward onto left foot. Touch right toe next to left foot.
- Dance note: Finger clicks at chest height on all above 'toe touches'

DANCE FINISH: The dance will finish on count 8 (music fade) of the 8th wall (facing the 'home' wall).

#### **Other suggested music:**

LeAnn Rimes	Commitment (109 bpm)
Eric Carmen	Hungry eyes (110 bpm)
Bellamy Brothers	Dancing Cowboys (120 bpm)
Maurice Williams & The Zodiacs	Stay (121 bpm)
The Mavericks	Things I cannot change (122 bpm)
LeAnn Rimes	Suddenly (125 bpm)
Michael Lloyd & Le Disc	Merengue (125 bpm)
The Mavericks	Think of me (when you're lonely) (140 bpm)