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Band Of Gold

48 Count, Partner

Choreographer: Theresa Needham (UK) March 2011 Choreographed to: You're My Best Friend by Tommy Scott (142 bpm) or Mary Duff & Daniel O'Donnell (110 bpm); Walk On By by Leroy Van Dyke (120 bpm)

Sweetheart position

16 intro (Start on the word gold) for You're My Best Friend 16 count intro for Walk On By

1 STEP L HITCH R STEP R HITCH L LOCK STEP HOLD

- 1 4 Step forward on L hitch R across L, step forward on R hitch L across R,
- 5 8 Step forward on L lock R behind L, step forward on L, Hold (slightly to the diagonal)

2 STEP R HITCH L STEP L HITCH R LOCK STEP HOLD

- 1 4 Step forward on R hitch L across R, step forward on L hitch R across L,
- 5 8 Step forward on R lock L behind R, step forward on R, Hold (slightly to the diagonal)

3 VINE L TOUCH R, VINE R TOUCH L, (LADY ROLLING VINE R)

1 – 4 Step L to L side, step R behind L, step L to L side, touch R beside L

5 - 8

MAN LADY.

Release L hand, Step R to R side, step L behind R, step R to R side, touch L beside R (Rejoin hands)

 $\frac{1}{2}$ Turn R stepping forward on R, $\frac{1}{2}$ turn R stepping back on L, $\frac{1}{2}$ turn R stepping R to R side, touch L beside R

4 FORWARD TOUCH BACK TOUCH ROCKING CHAIR

- 1 4 Step forward on L touch R behind L, step back on R touch L across R
- 5 8 Rock forward on L, recover on R step back on L, recover on R

5 1/4 MODIFIED RUMBA BOX

- 1 4 ¼ turn R stepping L to L side, step R next to L, step forward on L, hold (OLD)
- 5 8 Step R to R side, step L beside R step back on R, hold

6 SIDE TOGETHER 1/4 POINT CROSS POINT WALK WALK

- 1 4 Step L to L side, step R beside L, ¼ turn L stepping forward on L point R to R side (LOD)
- 5-8 Cross step R over L, point L to L side, walk forward L walk forward R

Music download available from iTunes, Amazon

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