

The Ringer

Count: 32

Wall: 4

Level: Beginner

Choreographer: Doug Pinchin (UK) - September 2026

Music: The Ringer - Lauren Alaina



Start on vocals

One restart after 8 counts on wall 7

Section 1: 4 Diagonal steps fwd

1-2 Step R to R diagonal (1), step L next to R (2) 12:00

3-4 Step L to L diagonal (1), step R next to L (2) 12:00

5-6 Step R to R diagonal (1), step L next to R (2) 12:00

7-8 Step L to L diagonal (1), step R next to L (2) 12:00

Restart here after 8 counts on wall 7

Section 2: Rocking Chair, 2 quarter pivots left

9-10 Rock fwd on R (1) recover on L (2) 12:00

11-12 Rock back on R (1) recover on L (2) 12:00

13-14 Step R fwd (1), pivot one quarter L (2) 9:00

15-16 Step R fwd (1), pivot one quarter L (2) 6:00

Section 3: Forward and left twice

17-18 Step R fwd (1), step L next to R (2) 6:00

19-20 Step L to side (1), step R next to L (2) 6:00

21-22 Step R fwd (1), step L next to R (2) 6:00

23-24 Step L to side (1), step R next to L (2) 6:00

Section 4: Jazz box, ¼ Monterey Turn

25-26 Cross R over L (1), step back on L (2) 6:00

27-28 Step R to R side (1), step L next to R (2) 6:00

29-30 Touch R toe to R side (1), close R beside LF while making ¼ turn R (2) 9:00

31-32 Touch L toe to L side (1) close L beside R (2) 9:00