

Sing Me

拍数: 64 墙数: 4 级数: Phrased High Intermediate
编舞者: Denise Smith (AUS) & Steve Shorey (AUS) - May 2015
音乐: Sing Me an Old Fashioned Song - Niamh Lynn : (Single - iTunes)



INTRO: 8 count. - Sequence: A, B, Tag 1, A, Tag 2, B, A, Bridge, B, Tag 2, A, Bridge, B, Ending

PART A - 32 counts

A1: CROSS, BACK, &, CROSS SHUFFLE, 1/4 LEFT, 1/4 LEFT, WALK, WALK

1,2& Cross R over L, Step L back, Step R beside L
3&4 Cross L over, R, Step R to right, Cross L over R
5-8 Turn ¼ left step R back, Turn ¼ left step L to left, Step R forward, Step L forward

A2: STEP, TOUCH, &, HEEL &, STEP, BALL, WALK, WALK, SHUFFLE

1,2& Step R forward, Touch L toe behind R heel, Step L slightly back
3&4& Touch R heel forward, Step R beside L, Step L forward, Step slightly back on R
5,6 Step L forward, Step R forward
7&8 Step L forward, Step R beside L, Step L forward [6:00]

A3: CROSS, BACK, &, CROSS SHUFFLE, 1/4 LEFT, 1/4 LEFT, WALK, WALK

1,2& Cross R over L, Step L back, Step R beside L
3&4 Cross L over, R, Step R to right, Cross L over R
5-8 Turn ¼ left step R back, Turn ¼ left step L to left, Step R forward, Step L forward

A4: STEP, TOUCH, &, HEEL &, STEP, BALL, WALK, WALK, SHUFFLE

1,2& Step R forward, Touch L toe behind R heel, Step L slightly back
3&4& Touch R heel forward, Step R beside L, Step L forward, Step slightly back on R
5,6 Step L forward, Step R forward
7&8 Step L forward, Step R beside L, Step L forward [12:00]

PART B – 32 counts

B1: ROCK FORWARD, RECOVER, 1/4 RIGHT CHASSE, WEAVE, POINT SIDE

1,2 Rock R forward, Recover onto L
3&4 Turn ¼ right step R to right, Step L beside R, Step R to right
5-8 Cross L over R, Step R to right, Step L behind R, Point R toe to right [3:00]

B2: WALK, WALK, OUT, OUT, IN, IN, SHUFFLE, SHUFFLE

1,2 Step R forward, Step L forward
&3&4 Step R to right, Step L to left, Step R to centre, Step L to centre
5&6 Step R forward, Step L beside R, Step R forward
7&8 Step L forward, Step R beside L, Step L forward

B3: HEEL, BALL, STEP, HEEL, BALL, STEP, JAZZ BOX 1/4 RIGHT, FORWARD

1&2 Touch R heel forward, Step R beside L, Step L forward
3&4 Touch R heel forward, Step R beside L, Step L forward
5-8 Cross R over L, Step L back, Turn ¼ right step R to right, Step L forward [6:00]

B4: ROCK FORWARD, RECOVER, SAILOR 1/4 RIGHT, SAILOR, TOUCH BACK, UNWIND 1/2 RIGHT

1,2 Rock R forward, Recover onto L
3&4 Turn ¼ right step R behind L, Step L to left, Step R to right [9:00]
5&6 Step L behind R, Step R to right, Step L to left
7,8 Touch R back, Unwind ½ right (weight on L) [3:00]

TAG 1: Rocking Chair (facing 3:00)

TAG 2: Rock Forward, Recover, Rock Right, Recover, Rock Back, Recover
(first time facing 3:00, second time facing 9:00)

BRIDGE: Rock Forward, Recover, Shuffle 1/2 Right, Step, Pivot 1/2 Right, Shuffle
(first time facing 6:00, second time facing 9:00)

ENDING: Cross, Back, &, Cross Shuffle, 1/4 Left, 1/4 Left, Walk, Walk, Step, Touch, &, Heel, &, Step, Ball, Walk, Walk, Step, Pivot 1/2 Right
