

# Sing A Lot

拍数: 64      墙数: 4      级数:  
编舞者: Chris Mann (AUS) - May 2016  
音乐: Sing - Ed Sheeran : (Album: X)



Start with weight on left foot. Dance begins after 16 counts (~ 7 sec)

**[1-8]□(12:00) Rock forward, back, coaster step, rock, half turn, step forward, scuff**

1, 2, 3&4      Rock fwd on R, replace L back, step back on R, step L beside R, step R fwd  
5, 6, 7, 8      Rock fwd on L, replace R back and make ½ turn left, step fwd on L, scuff R beside L

**[9-16]□(6:00) Rock forward, back, coaster step, rock, quarter turn, step side, scuff**

1, 2, 3&4      Rock fwd on R, replace L back, step back on R, step L beside L, step R fwd  
5, 6, 7, 8      Rock fwd on L, replace R back and make ¼ turn left, step L to side, scuff R beside L

**[17-24]□(3:00) Front, side, sailor step, cross shuffle, half turn**

1, 2      Step R across L, step L to side, step R behind L, step L to side, replace R to side  
5&6      Cross L over R and shuffle to right stepping L, R, L  
7, 8      Turn ¼ left and step back on R, turn ¼ left and step L to side

**[25-32]□(9:00) Front, side, sailor step, cross shuffle, half turn**

1, 2      Step R across L, step L to side, step R behind L, step L to side, replace R to side  
5&6      Cross L over R and shuffle to right stepping L, R, L  
7, 8      (\*)□Turn ¼ left and step back on R, turn ¼ left and step L to side

**[33-40]□(3:00) Rocking chair, roll forward, shuffle forward**

1, 2, 3, 4      Rock fwd on R, replace L back, rock back on R, replace L fwd  
5, 6, 7, 8      Turn ½ left and step back on R, turn ½ left and step fwd on L, shuffle fwd stepping R, L, R

**[41-48]□(3:00) Rock forward, replace, shuffle back, rock back, replace, pivot ½**

1, 2, 3&4      Rock fwd on L, replace R back, shuffle back stepping L, R, L  
5, 6, 7, 8      Rock back on R, replace L forward, step fwd on R, turn ½ left transferring weight to L

**[49-52]□(9:00) Rocking chair, roll forward, shuffle forward**

1, 2, 3, 4      Rock fwd on R, replace L back, rock back on R, replace L fwd  
5, 6, 7, 8      Turn ½ left and step back on R, turn ½ left and step fwd on L, shuffle fwd stepping R, L, R

**[53-64]□(9:00) Rock forward, replace, shuffle back, rock back, replace, point, clap**

1, 2, 3&4      Rock fwd on L, replace R back, shuffle back stepping L, R, L  
5, 6, 7, 8      Rock back on R, replace L forward, point R to side, clap

**[64]□Repeat dance facing new wall**

Restart: On walls 3 and 6, dance up to count 32(\*), then begin the dance again.

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This sheet is correct as of 7 June 2016 .