A Song To Sing



编舞者: Daniel Trepat (NL) - March 2019

音乐: A Song to Sing - Hanson: (Album: Middle Of Everywhere - The Greatest Hits)



Intro: 16 counts (app. 20 sec into track)
Restart: In wall 3 after 16 counts

[1 – 8] Step Diagonal fwd, Sweep, Cross, Side, Behind, Sweep, Cross, ¼ turn L, Full Pique Turn L, Rockstep, ½ turn R, Step fwd, ¼ turn R, Out out in

1 – 2&3 Step R diagonal forward & Sweep L forward (1), Cross L over R (2), Step R to R side (&),

Cross L behind R & sweep R from front to back (3) 12:00

4&a5 Cross R behind L (4), ¼ turn L stepping L forward (&), ½ turn L stepping R next to L (á) ½

turn L stepping L forward & raising R knee to R side (5) 9:00

6&7& Rock R forward (6), Recover on L (&), ½ turn R stepping R forward (7), Step L forward (&)

3:00

8&a ¼ turn R stepping R out on ball of foot (8), Step L out on ball of foot (&), Step R in (á) 6:00

[9 – 16] Cross & Body Down, Brush, Knee Movement, Cross, Unwind Full Turn, Sweep, Cross, ¼ turn L, Walks, Rockstep

1 – 4 Cross L over R & bring body down (1, 2) Brush L diagonal back (3), Bringing L knee up, back

to front & cross L over R (4) 6:00

&5 Full unwind Turn R (&), Release R foot for a sweep R from front to back (5) 6:00

6&7&8& Cross R behind L (6), ¼ turn L stepping L fwd (&), Step R fwd (7), Step L fwd (&), Rock R fwd

(8) Recover on L (&) 3:00

Restart 3rd wall for count 1 to start again you will do ¾ turn R stepping R fwd. Facing 12 o'clock. Continue Dance

[17 – 24] ½ turn R, Press Lunge, Coasterstep, Scissor ¼ turn L, Basic L, Syncopated Weave R, 1/8 turn R, Lunge

1 – 2&3 ½ turn R stepping on R ball of foot forward (lunge) (1), Step L back (2), Step R next L (&),

Step L fwd (3) 9:00

&4& Step R fwd (&), ¼ turn L stepping R next to L (4), Cross L over R (&) 6:00

5-6& Step L to L side (5), Close R behind L (6), Cross L over R (&) 6:00

7&8& Step R to R side (7), Cross L behind R (&), Step R to R side (8), 1/8 turn R stepping L

forward prepping for a upcoming turn (&) 7:30

[25 – 32] 5/8 Turn L, Sweep, Hitch, Side, Sways, Basic L, ¼ turn R, Sweep, Cross, 1 ¼ turn unwind R

1 – 3 Sweep R forward turning 5/8 turn L (1), Hitch R (2), Step R to R side (3) 12:00

4& Recover weight on L swaying body to L (4), Recover weight to R swaying body to R (&) 12:00

5 – 6& Step L to L side (5), Close R behind L (6), Cross L over R (&) 12:00

7 – 8& ¼ turn R stepping R fwd & sweeping L fwd (7), Cross L over R (8), Unwind 1 ¼ turn R (&)

6:00

Addition In wall 6 you will add 1 extra count after count 7 (stretch that movement out), then continue the dance

Happy Face & Start Again!