

# Sing!

拍数: 80      墙数: 1      级数: Phrased Intermediate  
编舞者: YoungSoon Song (KOR) - April 2022  
音乐: Sing - Pentatonix



Sequence: A-A-B-C-C-A-A(16)-B-C-C-A-C-C-A

## PART A (32C)

### S1: ROCK, RECOVER, OUT, OUT, CLAP, WEIGHT CHANGE R, L 1/4 TURN R, 3/4 TURN R HITCH

1-2&      RF Rock Forward(1), Recover weight on LF(2), RF Out(&)  
3-4      LF Out(3), Clap(4)  
5-6      Weight on RF and upperbody to R(5), Weight on LF upperbody to L and RF Step 1/4 R(3:00)(6)  
7-8      Weight in RF and LF Hitch 3/4 Turn R(12:00)(7-8)

### S2: SIDE ROCK/RECOVERY, TOGETHER, SIDE, CROSS, 1/2 TURN R, TWIST UPPERBODY, 1/4 TURN L TOUCH FORWARD, HIP BUMP, HOLD

1-2&      LF Rock L(1), Recover weight onto RF(2), LF Together(&)  
3-4      RF Step R(3), LF Cross Over(4)  
5-6&      1/2 Turn R Weight on RF and Twist upper body and face to R(6:00)(5), Keep Weight on RF 1/4 Turn L and LF Touch Forward, BF Knee Band(9:00)(6), Hip Bump to L(&)  
7-8      Recover Hip(7), Hold(8)

**\*A(16) restart in here, on Count 8-> Weight change into LF with 1/4 Turn L (12:00)**

### S3: HEEL DROP AND KNEE BAND X2, 1/4 TURN L SWEEP FORWARD, CROSS, REVERSE TURN L

1-2      LF Heel drop in place and RF Knee Band(1), RF Heel drop in place and LF Knee Band(2)  
3-4      1/4 Turn L LF Step Forward and RF Sweeping to Forward(12:00)(3-4)  
5-6      RF Cross Over(5), LF 1/4 Turn R Step Back(3:00)(6)  
7-8      RF 1/2 Turn R Step Forward(9:00)(7), LF 1/4 Turn R Step Left Side(12:00)(8)

### S4: JAZZ BOX, CROSS, OUT, OUT, IN, IN AND FLICK

1-2      RF Cross Over(1), LF Step Back(2)  
3-4      RF Step R(3), LF Cross Over(4)  
5-6      RF Out(5), LF Out(6)  
7-8      RF In(7), LF In and RF Flick

## PART B (16C)

### S5: SHUFFLE FORWARD, FORWARD, 1/2 TURN L HITCH, INSIDE SWIVEL WALK X4

1&2      RF Step Forward, LF Together(&), RF Step Forward(2)  
3-4      LF Step Forward(3), Keep weight on LF 1/2 Turn L and RF Hitch(6:00)(4)  
5-6      Inside Boogie Waking Forward R(5), L(6)  
7-8      Keep Inside Boogie Walking Forward R(7), L(8)

### S6: SHUFFLE FORWARD, FORWARD, 1/2 TURN L HITCH, INSIDE SWIVEL WALK x4

1&2      RF Step Forward, LF Together(&), RF Step Forward(2)  
3-4      LF Step Forward(3), Keep weight on LF 1/2 Turn L and RF Hitch(12:00)(4)  
5-6      Inside Boogie Walk Forward R(5), L(6)  
7-8      Keep Inside Boogie Walking Forward R(7), L(8)

## PART C (32C)

### S7: SWING R, L, R 1/4 TURN L, 3/4 TURN L HITCH

1-2      RF Step R and swing your upperbody R(1-2)  
3-4      LF Step L and swing your upperbody L(3-4)

5-6 RF Step R and swing your upperbody R(5), Keep Swing and LF Step 1/4 L(9:00)(6)  
7-8 3 /4 Turn L(12:00)(7-8)

**S8: 1/8 TURN L TOUCH FORWARD, HIP BUMP, 1/4 TURN R FLICK, TOUCH FORWARD, HIP BUMP, 1/8 TURN L, FLICK**

1-2 1/8 Turn L RF Touch Forward(10:30)(1), RF Heel Swivel and Hip Bump to R(2)  
3-4 Recover your RF and Hip(3), 1/8 Turn R RF Stepping to center and LF Flick L(12:00)(4)  
5-6 1/8 Turn R LF Touch Forward(1:30)(5), LF Heel Swivel and Hip Bump to L(6)  
7-8 Recover your LF and Hip(7), 1/8 Turn L LF Stepping to center and RF Flick(12:00)(8)

**S9: PIVOT 1/2 TURN L x2**

1-2 RF Step Forward(1), Hold(2)  
3-4 Pivot 1/2 Turn L(6:00)(3), Hold(4)  
5-6 LF Step Forward(5), Hold(6)  
7-8 Pivot 1/2 Turn L(12:00)(7), Hold(8)

**S10: DIAGONAL KICK-BEHIND-SIDE-CROSS x2**

1-2 RF Kick Diagonal R Forward(1), RF Cross Behind(2)  
3-4 LF Step L(3), RF Cross Over(4)  
5-6 LF Kick Diagonal L Forward(5), LF Cross Behind(6)  
7-8 RF Step R(7), LF Cross Over(8)

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