

# Sing It!

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Sean M. Labott  
音乐: Sing Along - Rodney Atkins



## TAP RIGHT, LEFT, FRONT, BODY ROLL & KICK BALL CHANGE

1&2      Tap right foot to right side, center weight, tap left foot to left side  
&3&4      Center weight tap, right heel forward, center weight  
5-6      Stomp left foot forward, body roll  
7&8      Kick ball change with left foot

## ROLL RIGHT KNEE OUT, TURN RIGHT, SHUFFLE FORWARD., ROCK STEP, COASTER STEP

1-2      Roll right knee out as you  $\frac{1}{4}$  turn right  
3&4      Shuffle forward, right, left, right  
5-6      Rock forward on left foot, step back on to right foot  
7&8      Coaster step left, right, left

## SAILOR SHUFFLE RIGHT & LEFT, $\frac{1}{2}$ TURN LEFT, $\frac{1}{2}$ TURN TO LEFT TWICE

1&2      Sailor right, left, right  
3&4      Sailor left, right, left (as you  $\frac{1}{2}$  turn left)  
5-6      Step forward on right,  $\frac{1}{2}$  turn left  
7-8      Step forward on right,  $\frac{1}{2}$  turn left

## WALK FORWARD, SUGAR PUSH, ROCK STEP BACK

1-2      Walk forward right, left  
3&4      Sugar push right, left, right  
5&6      Shuffle back left, right, left  
7-8      Rock step back on right foot, then forward on to left foot

## SKATES FORWARD

1-2      Skate forward right, left  
3&4      Skate forward right, left, right  
5-6      Skate forward left, right  
7&8      Skate forward left, right, left

## VINE RIGHT, HEEL JACK, VINE LEFT WITH A $\frac{1}{2}$ TURN RIGHT, SHUFFLE FORWARD

1-2      Step right to right side, cross left behind right  
&3&4      Heel jack back on right foot, tap left heel forward, switch weight back to left foot, cross right foot over left foot  
5-6      Vine left stepping left, right as you  $\frac{1}{2}$  turn to you right  
7&8      Shuffle forward. Left, right, left

## REPEAT

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