

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
