

Sing

拍数: 64 墙数: 1 级数: Intermediate
编舞者: K. Sholes (USA) - June 2014
音乐: Sing - Ed Sheeran



Cross Cha Cha, Rock, Recover X2

1&2 3 4 Cross R over L, Step L to side, Cross R over L, Rock L to side, Recover R.
5&6 7 8 Cross L over R, Step R to side, Cross L over R, Rock R to side, Recover L.

Diagonal toe touches, Step, Cross, Side, Cross, Step X2 (1/4 turn)

1-4 Touch R toe diagonally across L, Touch R toe diagonally back, Touch R toe diagonally across L, Step back on R.
5-8 Cross L over R, Step R to side, Cross L over R, Step R to side.
1-4 Touch L toe diagonally across R, Touch L toe diagonally back, Touch L toe diagonally across R, Step back on L.
5-8 Cross R over L, Step L to side, Cross R over L, Step L 1/4 turn left. (9:00)

Cross Cha Cha, Rock, Recover X2

1&2 3 4 Cross R over L, Step L to side, Cross R over L, Rock L to side, Recover R.
5&6 7 8 Cross L over R, Step R to side, Cross L over R, Rock R to side, Recover L.

Step, Hold, Step, Hold, Step, Heel-tap, 1/4 turn Step, Touch

1-4 Step R forward, Hold, Step L forward, Hold.
5-8 Step on R, Tap L heel forward, Step L 1/4 left, Touch R next to L (6:00)

Step, Hold, Step, Hold, Step, Toe-tap, Step, Heel-tap

1-4 Step R forward, Hold, Step L forward, Hold.
5-8 Step on R, Touch L toe behind R, Step L, Tap R heel forward.

Side touches, 1/2 turn, Side touches,

1-4 Touch R to side, Touch R next to L, Touch R to side, Cross R behind L turning 1/2 right (12:00)
5-8 Touch L to side, Touch L next to R, Touch L to side, Step L next to R. Forward Shimmies, Side Mambos
1-4 Step R forward shimmying shoulders back and forth, Touch L next to R, Shimmy L forward, Touch R next to L.
5&6 7&8 Rock R to side, Recover L, Step On R, Rock L to side, Recover R, Step on L.

TAG: 32 counts - walls # 3, 5, 6 twice

Step R, Touch L, Step L, Touch R, X2 Clap (waving hands back & forth overhead)

1-4 Step R to side, Touch L next to R, Step L to side, Touch R next to L.
5-8 Step R to side, Touch L next to R, Step L To side, Touch R & Clap hands

Step, Elbow rock, Step, Elbow rock, Knee lift, Touch, Knee lift, Touch & Fist punch overhead

1-4 Step R to side, Rock R elbow to side, Step L to side, Rock L elbow to side.
5-8 Lift R knee forward, Touch R toe behind, Lift R knee forward, touch R toe behind & fist-punch overhead.

Shoulder-rocks, Touch-clap, Shoulder-rocks, Touch-snap

1&2&3&4 Stepping R to side rock shoulders up & down R,L,R,L,R,L, Clap.
5&6&7&8 Stepping L to side rock shoulders up & down L,R,L,R,L,R, Snap fingers to right.

Forward touches, Side touches, Heel-jack

- 1&2&3&4 Touch R forward, Step R back, Touch L forward, Step L back, Touch R to side, Step on R, Touch L to side, Step on L.
- 5-8 Step on R, Tap L heel forward, Step on L, Touch R next to L & raise arms overhead.
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