

# Sing Me

拍數: 64      牆數: 4      級數: Phrased High Intermediate  
編舞者: Denise Smith (AUS) & Steve Shorey (AUS) - May 2015  
音樂: Sing Me an Old Fashioned Song - Niamh Lynn : (Single - iTunes)



**INTRO: 8 count. - Sequence: A, B, Tag 1, A, Tag 2, B, A, Bridge, B, Tag 2, A, Bridge, B, Ending**

## **PART A - 32 counts**

### **A1: CROSS, BACK, &, CROSS SHUFFLE, 1/4 LEFT, 1/4 LEFT, WALK, WALK**

1,2&      Cross R over L, Step L back, Step R beside L  
3&4      Cross L over, R, Step R to right, Cross L over R  
5-8      Turn ¼ left step R back, Turn ¼ left step L to left, Step R forward, Step L forward

### **A2: STEP, TOUCH, &, HEEL &, STEP, BALL, WALK, WALK, SHUFFLE**

1,2&      Step R forward, Touch L toe behind R heel, Step L slightly back  
3&4&      Touch R heel forward, Step R beside L, Step L forward, Step slightly back on R  
5,6      Step L forward, Step R forward  
7&8      Step L forward, Step R beside L, Step L forward [6:00]

### **A3: CROSS, BACK, &, CROSS SHUFFLE, 1/4 LEFT, 1/4 LEFT, WALK, WALK**

1,2&      Cross R over L, Step L back, Step R beside L  
3&4      Cross L over, R, Step R to right, Cross L over R  
5-8      Turn ¼ left step R back, Turn ¼ left step L to left, Step R forward, Step L forward

### **A4: STEP, TOUCH, &, HEEL &, STEP, BALL, WALK, WALK, SHUFFLE**

1,2&      Step R forward, Touch L toe behind R heel, Step L slightly back  
3&4&      Touch R heel forward, Step R beside L, Step L forward, Step slightly back on R  
5,6      Step L forward, Step R forward  
7&8      Step L forward, Step R beside L, Step L forward [12:00]

## **PART B – 32 counts**

### **B1: ROCK FORWARD, RECOVER, 1/4 RIGHT CHASSE, WEAVE, POINT SIDE**

1,2      Rock R forward, Recover onto L  
3&4      Turn ¼ right step R to right, Step L beside R, Step R to right  
5-8      Cross L over R, Step R to right, Step L behind R, Point R toe to right [3:00]

### **B2: WALK, WALK, OUT, OUT, IN, IN, SHUFFLE, SHUFFLE**

1,2      Step R forward, Step L forward  
&3&4      Step R to right, Step L to left, Step R to centre, Step L to centre  
5&6      Step R forward, Step L beside R, Step R forward  
7&8      Step L forward, Step R beside L, Step L forward

### **B3: HEEL, BALL, STEP, HEEL, BALL, STEP, JAZZ BOX 1/4 RIGHT, FORWARD**

1&2      Touch R heel forward, Step R beside L, Step L forward  
3&4      Touch R heel forward, Step R beside L, Step L forward  
5-8      Cross R over L, Step L back, Turn ¼ right step R to right, Step L forward [6:00]

### **B4: ROCK FORWARD, RECOVER, SAILOR 1/4 RIGHT, SAILOR, TOUCH BACK, UNWIND 1/2 RIGHT**

1,2      Rock R forward, Recover onto L  
3&4      Turn ¼ right step R behind L, Step L to left, Step R to right [9:00]  
5&6      Step L behind R, Step R to right, Step L to left  
7,8      Touch R back, Unwind ½ right (weight on L) [3:00]

**TAG 1: Rocking Chair (facing 3:00)**

**TAG 2: Rock Forward, Recover, Rock Right, Recover, Rock Back, Recover  
(first time facing 3:00, second time facing 9:00)**

**BRIDGE: Rock Forward, Recover, Shuffle 1/2 Right, Step, Pivot 1/2 Right, Shuffle  
(first time facing 6:00, second time facing 9:00)**

**ENDING: Cross, Back, &, Cross Shuffle, 1/4 Left, 1/4 Left, Walk, Walk, Step, Touch, &, Heel, &, Step, Ball,  
Walk, Walk, Step, Pivot 1/2 Right**

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