

Sing A Lot

拍數: 64 牆數: 4 級數:
編舞者: Chris Mann (AUS) - May 2016
音樂: Sing - Ed Sheeran : (Album: X)



Start with weight on left foot. Dance begins after 16 counts (~ 7 sec)

[1-8]□(12:00) Rock forward, back, coaster step, rock, half turn, step forward, scuff

1, 2, 3&4 Rock fwd on R, replace L back, step back on R, step L beside R, step R fwd
5, 6, 7, 8 Rock fwd on L, replace R back and make ½ turn left, step fwd on L, scuff R beside L

[9-16]□(6:00) Rock forward, back, coaster step, rock, quarter turn, step side, scuff

1, 2, 3&4 Rock fwd on R, replace L back, step back on R, step L beside L, step R fwd
5, 6, 7, 8 Rock fwd on L, replace R back and make ¼ turn left, step L to side, scuff R beside L

[17-24]□(3:00) Front, side, sailor step, cross shuffle, half turn

1, 2 Step R across L, step L to side, step R behind L, step L to side, replace R to side
5&6 Cross L over R and shuffle to right stepping L, R, L
7, 8 Turn ¼ left and step back on R, turn ¼ left and step L to side

[25-32]□(9:00) Front, side, sailor step, cross shuffle, half turn

1, 2 Step R across L, step L to side, step R behind L, step L to side, replace R to side
5&6 Cross L over R and shuffle to right stepping L, R, L
7, 8 (*)□Turn ¼ left and step back on R, turn ¼ left and step L to side

[33-40]□(3:00) Rocking chair, roll forward, shuffle forward

1, 2, 3, 4 Rock fwd on R, replace L back, rock back on R, replace L fwd
5, 6, 7, 8 Turn ½ left and step back on R, turn ½ left and step fwd on L, shuffle fwd stepping R, L, R

[41-48]□(3:00) Rock forward, replace, shuffle back, rock back, replace, pivot ½

1, 2, 3&4 Rock fwd on L, replace R back, shuffle back stepping L, R, L
5, 6, 7, 8 Rock back on R, replace L forward, step fwd on R, turn ½ left transferring weight to L

[49-52]□(9:00) Rocking chair, roll forward, shuffle forward

1, 2, 3, 4 Rock fwd on R, replace L back, rock back on R, replace L fwd
5, 6, 7, 8 Turn ½ left and step back on R, turn ½ left and step fwd on L, shuffle fwd stepping R, L, R

[53-64]□(9:00) Rock forward, replace, shuffle back, rock back, replace, point, clap

1, 2, 3&4 Rock fwd on L, replace R back, shuffle back stepping L, R, L
5, 6, 7, 8 Rock back on R, replace L forward, point R to side, clap

[64]□Repeat dance facing new wall

Restart: On walls 3 and 6, dance up to count 32(*), then begin the dance again.

Contact: linedancereviews@gmail.com

This sheet is correct as of 7 June 2016 .