

Sing & Dance

拍數: 64 牆數: 4 級數: Improver
編舞者: Lynne Martino (USA) - March 2017
音樂: Sing a Song - Earth, Wind & Fire : (amazon)



Start on Vocals

[1-8] □ □ Heel, Step, Heel, Step, 2 Walks, Kick Ball Change, Step, 1/4

1&2& Tap R heel (1), step on R (&), tap L heel (2), step on L (&)
3,4 Walk forward R, L, (3,4)
5&6 Kick R forward (5), step on R (&), step L forward (6)
7,8 Step R forward(7), make ¼ pivot turn left placing weight on left

[9-16] □ □ Cross, Side, 2 Sailors, 2 Hip Sways

1,2 Cross R over L (1), step L to left (2)
3&4 Step R behind L (3), step L next to R (&), step R forward (4)
5&6 Step L behind R (5), step R next to L (&), step L forward (6)
7,8 Sway Hips R, L (7,8)

[17-24] □ □ Paddle 1/2 Turn, Jazz Box

1-4 Step R forward (1), pivot ¼ turn left placing weight on left(2), step R □ forward(3), pivot ¼ turn left placing weight on left(4),
5-7 Cross R over L (5), step L back (6), Hold (7)
&8 Step R to right side (&), step on L (8)

[25-32] □ □ Shuffles, Funky Walks

1&2 Step R forward towards 1:00 (1), step L next to R (&), step R forward (2)
3&4 Step L forward towards 11:00 (3), step R next to L (&), step L forward (4)
5-8 Step R back and swivel R heel out a little(5&), step L back and swivel L heel out a little, (6&), Repeat R (7&), Step back on L (8)

[33-40] □ □ Step, Ball Step, Touch, ¼, Step, ½, Touch

1,2 & 3,4 Step R to right side (1), hold (2), step on ball of L (&), step R to right side (3), touch L next to R (4)
5-8 Step L ¼ left (5), step forward on R (6) pivot ½ left (7), touch R next to L (8)

[41-48] □ □ Touch, Hold, Step, Touch, Hold, Step Touches Forward, Step, Pivot ¼

1,2, & 3,4 Touch R to right side (1), hold (2), step R next to L (&), touch L to left side (3), Hold (4)
5&6&7,8 Touch R forward (5), step back on R next to L (&), touch L forward (6), step L back next to R (&), step R forward (7), pivot ¼ left putting weight on L (8)

[49-56] □ □ Cross Rock, Chasse, Cross Rock, ¼ Chasse

1,2,3 & 4 Cross R over L (1), recover on L (2), step R to right side (3), step L next to R (&), step R to right side (4)
5,6,7 & 8 Cross L over R (5), recover on R (6), step L to left side (7), step R next to L (&), step L forward ¼ left (8)

[57-64] □ □ Step, ¼, Cross, Side, Weave, Step, Drag & Touch

1-4 Step R forward (1), pivot ¼ left putting weight on L (2), cross R over L (3), Step L to left side (4)
5&6 Step R behind L (5), step L to left sid(&), cross R over L (6)
7,8 Take a big step left on L (7), drag R & touch next to L (8)

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