

# 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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