

Sing It With Me

拍數: 96 牆數: 4 級數: Phrased Intermediate
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音樂: Sing It With Me - JP Cooper & Astrid S



Sequence: A A B A A B C C A B B

Part A

(1-8) R rock step, 1/2 shuffle right, L mambo side, R mambo side

1-2 R step forward, L recover
3&4 1/4 turn right stepping R right side, L next to R, 1/4 turn right stepping R forward
5&6 L side rock, R recover, L slightly forward
7&8 R side rock, L recover, R slightly forward

(9-16) L rock step, L kick-step together, R back, L rock back, L step forward, R kick

1-2 L step forward, R recover
3&4 L kick forward, L step together, R step back
5-6 L step back, R recover
7-8 L step forward, R kick right diagonal

(17-24) R across L, 1/4 right, 1/4 right, L touch, 1/4 left, 1/2 left, 1/4 turn left with shuffle

1-2 L across R, 1/4 turn right stepping L back
3-4 1/4 turn right stepping R right side, L touche left side
5-6 1/4 turn left stepping L forward, 1/2 turn left stepping R back
7&8 1/4 turn left stepping left side, R next to L, L step left side

(25-32) R across L, L back, R together, L across, R side, 1/4 left, R forward, L mambo side

1-2& R step over L, L step back, R step next to L
3-4 L step over R, R step right side
5-6 1/4 turn left, R step forward
7&8 L rock left side, R recover, L step forward

Part B

(1-8) 2x wizard steps (L, R), L forward, 1/4 turn right, L forward, 1/4 turn right

1-2& R step diagonally forward, L lock behind R, R step diagonally forward
3-4& L step diagonally forward, R lock behind L, L step diagonally forward
5-6& R step diagonally forward, L lock behind R, R step diagonally forward
7-8 1/4 turn left stepping L forward, 1/4 turn left stepping R side

(9-16) L behind-R side-L forward, R behind-L side-R forward, step, step

1&2 L behind R, R step right side, L step forward
3&4 R behind L, L step left side, R step forward
5&6 L behind R, R step right side, L step forward
7-8 R step forward, L step forward

(17-24) 1/4 R touch-step right side, L touche-step left side, 1/2 R touche-step right side, 1/4 turn, 1/2 turn

1&2 1/4 turn left touching R tou right side with hip go up right side, hip go left side, R step right side
3&4 L tou touche left side with hip go up left side, hip go right side, 1/4 turn left stepping L forward
5&6 1/2 turn left touching R tou right side with hip go up right side, hip go left side, R step right side
7-8 1/4 turn left stepping L forward, 1/2 turn left stepping R back

(25-32) L coaster step, R coaster step forward, 1/4 left L coaster step, step, step

- 1&2 L step back, R together, L step forward
- 3&4 R step forward, L together, R step back
- 5&6 1/4 turn left stepping L back, R together, L step forward
- 7-8 R step forward, L step forward

Part C

(1-8) Step-sweep, step-sweep, rock step, 1/2 turn, 1/2 turn

- 1-2 R step forward, L sweep back to front
- 3-4 L step forward, R sweep back to front
- 5-6 R rock forward, L recover
- 7-8 1/2 turn right stepping R forward, 1/2 turn right stepping L back

(9-16) Step back-sweep, step back-sweep, back rock, step-kick

- 1-2 R step back, L sweep
- 3-4 L step back, R sweep
- 5-6 R rock back, L recover
- 7-8 R step forward, L kick forward

(17-24) 1/2 turn left, hitch-step-pause, rock forward, step back, touch back

- 1-2 Lead L front to back, turn 1/2 left with hitching L knee up
- 3-4 L step down, pause
- 5-6 R rock forward, L recover
- 7-8 R step back, L touche back

(25-32) 3/4 turn left, sweep, cross-pause, side with hip left-right, L step together with bodyroll

- 1-2 3/4 turn left stepping L forward with sweep R back to front
 - 3-4 R across L, pause
 - 5-6 L step left side with hips goes left side and right side
 - 7-8 L step together with body roll from top to down
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