Sing Sing Canta Canta

級數: High Beginner

編舞者: Becky Hawthorne (USA) - February 2022 音樂: Sing, Sing, Sing - Chicago

#1 Tag, 1 Restart

拍數: 32

Intro: 24 counts after strong beats start, dance starts with the vocals (22 seconds in)

Section 1: MODIFIED V STEP, TRIPLE STEP IN PLACE

- 1, 2 Touch ball of RF to R fwd diagonal, Step RF to R fwd diagonal
- 3, 4 Touch ball of LF to L fwd diagonal, Step LF to L fwd diagonal
- 5, 6 Step RF back to center, Step LF back to center
- 7 & 8 Triple step in place: R, L, R

Section 2: 1/2 TURN PIVOT, STEP, TOUCH, FWD MAMBO, BACK MAMBO

- 1, 2 Step LF fwd, Pivot 1/2 turn R transferring weight to RF (6:00)
- 3, 4 Step LF to side, Touch ball of RF next to LF
- 5 & 6 Rock RF fwd, recover weight back onto LF, step RF back next to LF
- 7 & 8 Rock LF back, recover weight fwd onto RF, step LF fwd next to RF

Section 3: 1/4 TURN PIVOT, CROSS, BACK, SIDE ROCK, CROSSING SHUFFLE

- 1, 2 Step RF fwd, Pivot 1/4 turn L transferring weight to LF (3:00)
- 3, 4 Cross RF over LF, Step back on LF (optional: push L hip back and lift toes of RF)
- 5, 6 Rock RF to R side, Recover to LF
- 7 & 8 Cross RF over LF, Step LF to L, Cross RF over LF

Section 4: STEP, SCUFF TO RONDE X 2, STEP, TOGETHER, COASTER STEP

- 1, 2 Step LF to L side, Scuff RF fwd and sweep around to R side keeping foot off the floor
- 3, 4 Step RF down on R side, Scuff LF fwd and sweep around to L side keeping foot off floor
- 5, 6 Step LF down on L side, Step RF next to LF
- 7 & 8 Step LF back, Step RF back next to LF, Step LF fwd

TAG after Wall 2, 8 counts:

1/4 TURN JAZZ BOX X 2 (starts facing 6:00)

- 1, 2 Cross RF over LF, 1/8 turn Step back with LF
- 3, 4 1/8 turn Step RF to R side, Step LF next to RF (9:00)
- 5, 6 Cross RF over LF, 1/8 turn Step back with LF
- 7, 8 1/8 turn Step RF to R side, Step LF next to RF (12:00)

RESTART after Wall 4, 16 counts

Suggested ending: Song ends after Section 4 facing 12:00

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牆數: △

牆數:4