

Sing!

拍數: 80 牆數: 1 級數: Phrased Intermediate
編舞者: YoungSoon Song (KOR) - April 2022
音樂: Sing - Pentatonix



Sequence: A-A-B-C-C-A-A(16)-B-C-C-A-C-C-A

PART A (32C)

S1: ROCK, RECOVER, OUT, OUT, CLAP, WEIGHT CHANGE R, L 1/4 TURN R, 3/4 TURN R HITCH

- 1-2& RF Rock Forward(1), Recover weight on LF(2), RF Out(&)
3-4 LF Out(3), Clap(4)
5-6 Weight on RF and upperbody to R(5), Weight on LF upperbody to L and RF Step 1/4 R(3:00)(6)
7-8 Weight in RF and LF Hitch 3/4 Turn R(12:00)(7-8)

S2: SIDE ROCK/RECOVERY, TOGETHER, SIDE, CROSS, 1/2 TURN R, TWIST UPPERBODY, 1/4 TURN L TOUCH FORWARD, HIP BUMP, HOLD

- 1-2& LF Rock L(1), Recover weight onto RF(2), LF Together(&)
3-4 RF Step R(3), LF Cross Over(4)
5-6& 1/2 Turn R Weight on RF and Twist upper body and face to R(6:00)(5), Keep Weight on RF 1/4 Turn L and LF Touch Forward, BF Knee Band(9:00)(6), Hip Bump to L(&)
7-8 Recover Hip(7), Hold(8)

*A(16) restart in here, on Count 8-> Weight change into LF with 1/4 Turn L (12:00)

S3: HEEL DROP AND KNEE BAND X2, 1/4 TURN L SWEEP FORWARD, CROSS, REVERSE TURN L

- 1-2 LF Heel drop in place and RF Knee Band(1), RF Heel drop in place and LF Knee Band(2)
3-4 1/4 Turn L LF Step Forward and RF Sweeping to Forward(12:00)(3-4)
5-6 RF Cross Over(5), LF 1/4 Turn R Step Back(3:00)(6)
7-8 RF 1/2 Turn R Step Forward(9:00)(7), LF 1/4 Turn R Step Left Side(12:00)(8)

S4: JAZZ BOX, CROSS, OUT, OUT, IN, IN AND FLICK

- 1-2 RF Cross Over(1), LF Step Back(2)
3-4 RF Step R(3), LF Cross Over(4)
5-6 RF Out(5), LF Out(6)
7-8 RF In(7), LF In and RF Flick

PART B (16C)

S5: SHUFFLE FORWARD, FORWARD, 1/2 TURN L HITCH, INSIDE SWIVEL WALK X4

- 1&2 RF Step Forward, LF Together(&), RF Step Forward(2)
3-4 LF Step Forward(3), Keep weight on LF 1/2 Turn L and RF Hitch(6:00)(4)
5-6 Inside Boogie Waking Forward R(5), L(6)
7-8 Keep Inside Boogie Walking Forward R(7), L(8)

S6: SHUFFLE FORWARD, FORWARD, 1/2 TURN L HITCH, INSIDE SWIVEL WALK x4

- 1&2 RF Step Forward, LF Together(&), RF Step Forward(2)
3-4 LF Step Forward(3), Keep weight on LF 1/2 Turn L and RF Hitch(12:00)(4)
5-6 Inside Boogie Walk Forward R(5), L(6)
7-8 Keep Inside Boogie Walking Forward R(7), L(8)

PART C (32C)

S7: SWING R, L, R 1/4 TURN L, 3/4 TURN L HITCH

- 1-2 RF Step R and swing your upperbody R(1-2)
3-4 LF Step L and swing your upperbody L(3-4)

5-6 RF Step R and swing your upperbody R(5), Keep Swing and LF Step 1/4 L(9:00)(6)
7-8 3 /4 Turn L(12:00)(7-8)

S8: 1/8 TURN L TOUCH FORWARD, HIP BUMP, 1/4 TURN R FLICK, TOUCH FORWARD, HIP BUMP, 1/8 TURN L, FLICK

1-2 1/8 Turn L RF Touch Forward(10:30)(1), RF Heel Swivel and Hip Bump to R(2)
3-4 Recover your RF and Hip(3), 1/8 Turn R RF Stepping to center and LF Flick L(12:00)(4)
5-6 1/8 Turn R LF Touch Forward(1:30)(5), LF Heel Swivel and Hip Bump to L(6)
7-8 Recover your LF and Hip(7), 1/8 Turn L LF Stepping to center and RF Flick(12:00)(8)

S9: PIVOT 1/2 TURN L x2

1-2 RF Step Forward(1), Hold(2)
3-4 Pivot 1/2 Turn L(6:00)(3), Hold(4)
5-6 LF Step Forward(5), Hold(6)
7-8 Pivot 1/2 Turn L(12:00)(7), Hold(8)

S10: DIAGONAL KICK-BEHIND-SIDE-CROSS x2

1-2 RF Kick Diagonal R Forward(1), RF Cross Behind(2)
3-4 LF Step L(3), RF Cross Over(4)
5-6 LF Kick Diagonal L Forward(5), LF Cross Behind(6)
7-8 RF Step R(7), LF Cross Over(8)
