

Sing Me a Lullaby

拍數: 32 牆數: 0 級數: Partner dance – Improver
編舞者: Suzanne Laverdière (CAN), Marc Laliberté (CAN), France Bastien (CAN) & Serge Légaré (CAN) - September 2022
音樂: Sing Me a Lullaby (feat. Linda Varg) - Ulf Nilsson



Double Hand Hold position men face à O.L.O.D. and women face à I.L.O.D.

The steps of the man and the woman are of opposite type

Intro 16 counts

[1-8] M: Rock Side, Rock Back, Rock Side ¼ Turn L, Step, Rocking Chair, Shuffle Fwd

[1-8] W: Rock Side, Rock Back, Rock Side ¼ Turn R, Step, Rocking Chair, Shuffle Fwd

1&2& M: RF to right – return on LF – RF behind – return on LF

W: LF to left – return on RF – LF behind – return on LF

3&4 M: RF to right – ¼ turn to left – RF in front

W: LF to left – ¼ turn to right – LF in front

Right Open Promenade position face à L.O.D.

5&6& M: LF in front – return on RF – LF behind – return on RF

W: RF in front – return on LF – RF behind – return on LF

7&8 M: Shuffle fwd LF, RF, LF

W: Shuffle fwd RF, LF, RF

[9-16] M: Rock Step, Coaster Step, Step, Pivot ¼ Turn R and Back, Coaster Step

[9-16] W: ¼ Turn R, ¼ Turn R, Coaster Step, Step, Pivot ¼ Turn R and Back, Coaster Step

1-2 M: RF in front – return on LF

W: ¼ turn to right LF to left – ¼ turn to right RF behind

Raise hand contact, woman goes under man's right arm and under his left arm Double Hand Hold position, man facing L.O.D. and the woman facing R.L.O.D

3&4 M: RF behind – LF next to the RF – RF in front

W: LF behind – RF next to the LF – LF in front

5-6 M: LF in front - swing LF ¼ turn to right RF behind

W: RF in front – swing RF ¼ turn to left LF behind

Raise cross-shaped hand contacts while rotating

Double Hand Hold position, man facing O.L.O.D. and the woman facing I.L.O.D.

7&8 M: LF behind – RF next to the LF – LF in front

W: RF behind – LF next to the RF – RF in front

Restart: here

[17-24] M: Shuffle Side, ½ Turn Shuffle, ¼ Turn R Step Touch Step Touch, Step Lock Step

[17-24] W: Shuffle Side, ½ Turn Shuffle, ¼ Turn L Step Touch Step Touch, Step Lock Step

1&2 M : Shuffle side RF, LF, RF

W : Shuffle side LF, RF, LF

The man facing O.L.O.D and the woman I.L.O.D

3&4 M: ¼ to right LF to left – RF next to the LF - ¼ turn to right LF behind

F: ¼ turn to left RF to right – LF next to the RF - ¼ turn to left RF behind

Keeping only the partner's left hand goes over the woman's head to the man's face

I.L.O.D the woman face O.L.O.

5&6& M: 3/8 turn to right RF in front diag right – touch LF next to the RF- LF in front diag left Touch
RF next to the LF

W: 3/8 turn to left LF in front diag left – touch RF next to the LF- RF in front diag right Touch
LF next to the RF

Drop partner's left hand, take partner's right hand L.O.D walk open position

7&8 M: RF in front – LF cross behind (lock) – RF in front

W: LF in front – RF cross behind (lock) – LF in front

[25-32] M: Side, Back ¼ Turn R, Coaster Step, Rock Side, Behind Side Touch

[25-32] W: Back ¼ Turn L, Back, Coaster Step, Rock Side, Behind Side Touch

1-2 M : LF to left – ¼ turn RF behind

W : ¼ turn to left RF behind derrière – LF behind

Pass L hand over the woman's head take both hands, double and hold man O.L.O.D woman I.L.O.

3&4 M : LF behind PG – RF next to the LF– LF in front

W : RF behind – LF next to the RF– RF in front

5-6 M : RF to right – return on LF

W : LF to left – return on RF

7&8 M : RF cross behind – LF to left – touch RF next to the LF

W : LF cross behind – RF to right – touch LF next to the RF

Start over

Reprises: On the 5th and 8th routine of the dance, do the first 16 counts, then start the dance again from the beginning.
