

Sing It Home

拍數: 32 牆數: 4 級數: Beginner
編舞者: Helen Parkyn (UK) - November 2024
音樂: Sing it Home - Cornwall Air Ambulance



UKLDA Grassroots instructor 2023 Cornish maid who loves to dance

Intro – 8 counts from main music intro

RIGHT HEEL & LEFT TOUCH & RIGHT HEEL & LEFT TOUCH & 2 SHUFFLES FORWARD

- 1&2&3&4& - touch right heel forward, step right back in place on &, touch left toe beside, step left in place on &, touch right heel forward, step right back in place on &, touch left toe beside, step left in place on &
5&6, 7&8 - shuffle forward right (step forward right, close left on &, step forward right), shuffle forward left (step forward left, close right on &, step forward left)

ROCK FORWARD RIGHT, RECOVER, TRIPLE 1/2 TURN RIGHT (6.00), WALK BACK LEFT, RIGHT, LEFT COASTER

- 1,2, 3&4 – rock forward on right, recover back on left, triple 1/2 turn right (stepping right left right) 6.00
5,6,7&8 – walk back left, right, left coaster (step back left, close right beside on &, step forward left)

SYNCOPATED SIDE SWITCHES, RIGHT HEEL HOOK HEEL FLICK, 2 SHUFFLES FORWARD

- 1&2&3&4& - touch right toe out to side, bring back in place on &, touch left toe out to side, bring back in place on &, touch right heel forward, hook under left knee on &, touch right heel forward, flick right heel out to side on &
5&6, 7&8 – shuffle forward right (step forward right, close left on &, step forward right) shuffle forward left (step forward left, close right on &, step forward left)

ROCK FORWARD, RECOVER, TRIPLE 3/4 TURN RIGHT (3.00), ROCK LEFT OUT TO SIDE, RECOVER, BEHIND SIDE CLOSE

- 1,2,3&4 – rock forward right, recover back on left, triple 3/4 turn right (stepping right, left on &, step right) 3.00
5,6,7&8 rock left to left side, recover on right, cross left behind right, step right to side on &, close left beside right

Start again and have fun

TO SIMPLIFY IF NEEDED –

*1st section, first 4 counts – just do 2 individual heel touches forward (right then left)

***3rd sections first 4 counts - just do individual toe touches out to side (right then left) instead of switches and heel hook flick

ENDING ----- WALL 10 - Section 2 after the rock, recover, triple 1/2 turn right – step forward left, pivot 1/4 right to face front, cross left over right