

Sing & Tell

拍數: 96 牆數: 2 級數: Phrased Intermediate
編舞者: Maddison Glover (AUS) - July 2010
音樂: Sing (Tell The Blues So Long) - David Campbell : (Album: Shout!)



Sequence : A A B A A B A (To finish the dance after count 28 –A- Step R fwd , pivot ½ over L to the front , Stomp fwd as you place both hands palms down *Hip level * .

Start on vocals

PART A - 32

- 1&2,3,4 Shuffle R (Step R to R side , Bring L next to R , Step R to R side) , Rock back on L , return weight to R.
5&6,7,8 Shuffle L (Step L to L side , Bring R next to L , Step L to L side) , Rock back on R , return weight to L .
- 1,2,3,4 Step R forward at 45° R , touch/clap L together , Step L back at 45° R , touch/clap R together .
5,6,7,8 Step R fwd , Pivot ¼ L , Step R fwd , Pivot ¼ L.
- 1&2,3,4 Shuffle R (Step R to R side , Bring L next to R , Step R to R side) , Rock back on L , return weight to R.
5&6,7,8 Shuffle L (Step L to L side , Bring R next to L , Step L to L side) , Rock back on R , return weight to L .
- 1,2,3,4 Step R forward at 45° R , touch/clap L together , Step L back at 45° R , touch/clap , R together .
5&6&7,8 Touch R heel forward , step R beside L , touch L heel forward , step L beside R , Touch R heel fwd , touch R heel fwd.

PART B - 64

- 1&2,3&4 Walk fwd R , L , Shuffle Fwd R,L,R
5&6,7,8 Turn ½ R & shuffle back L,R,L , back rock onto R , fwd onto L .
- 1,2,3,4 Step R to R side , Step L together , Step R to R side , Touch L toe beside R
5,6,7,8 Step L to L side , Step R together , Step L to L side , Touch R toe beside L
(* Whilst doing the 8 counts above , hands are raised -chest level- with palms facing the front , twiddling fingers * Happy & Gay *)
- 1,2,3&4 Double Kick R fwd , R coaster (Step R back , Step L beside R , Step R fwd)
5,6,7&8 Double Kick L fwd , L coaster (Step L back , Step R beside L , Step L fwd)
- 1,2,3,4 Step R fwd , Pivot ½ over L , Step R fwd , pivot ½ over L
5,6&7&8 Touch R toe beside L , Step R to R side , Step L behind R , step R to R side , Cross L in front of R , touch R toe beside L. (Syncopated vine)
- 1,2,3&4 Step R to R side , Step L beside R , Shuffle fwd (R,L,R)
5,6,7&8 Step L to L side , step R beside L , Shuffle back (L,R,L)
- 1,2,3,4 Rock R back , recover on L , Cross R over L , Point L to L side.
5,6,7,8 Cross L over R , point R to R side , Cross R over L , unwind ½ over L keeping weight on L .
- 1,2,3&4 Touch R toe to R side (Your R knee will be facing towards L diagonal) , touch R heel to R side (your L knee will be facing towards R diagonal) , cross shuffle (stepping R,L,R)
5,6,7&8 Touch L toe to L side (Your L knee will be facing towards R diagonal) , touch L heel to L side (your R knee will be facing towards L diagonal) , cross shuffle (stepping L,R,L)

1,2&3,4
5&6&7,8

Step R to R side , touch L beside R , step onto L beside R, Walk fwd R,L
Touch R heel forward, step R beside L, touch L heel forward, step L beside R, Touch R heel
fwd , touch R heel fwd .
