

# Sing

拍數: 48                      牆數: 4                      級數: Improver / Easy Intermediate  
編舞者: Laura Hilbert (UK) - June 2013  
音樂: Sing Sing Sing (Fosse) – Original Broadway cast recording



Count in: 9 Seconds

NOTES: x1 Restart which comes at the beginner after the first 20 counts (rock recover push )

**[1-8] (Charleston) Step kick , step touch, step kick, behind side in front**

1-2                      Step forward on the left (1) kick right leg forward (2)  
3-4                      Step on right (3) touch left back (4)  
5-6                      Step forward on left (5) kick right foot to right side (6)  
7&8                      Step right behind left (7) step left to left side (&) cross right in front of left (8)

**[9-16] Kick , kick, behind, side , in front, kick , kick, Sailor step ½ right**

1-2                      Kick left forward (1), kick left to left side (2)  
3&4                      Step left behind right (3), step right to right side (&), cross left in front of right (4)  
5-6                      Kick right forward (5), kick right to right side (6)  
7&8                      Cross right behind left (7) recover weight onto left with ½ turn right (6.00) (&) step onto right (8)

**[17-24] Walk, walk, rock recover , push, walk back, walk back, run run run.**

1-2                      Walk forward on the left (1), Walk forward on the right (2)  
3&4                      Rock forward on the left (3) recover weight on right (&) step together pushing bottom back and both hands pushing forward (4)

**WALL 1 - RESTART AT THIS POINT (After step 24)**

5-6                      walk back right (5) walk back left (6)  
7&8                      x3 runs back stepping right (7) left (&) right stepping next to left (8)

**[25-32] Twist twist, Twist twist twist, paddle round ¾ left**

1-2                      Twist both heels right (1) twist both toes right (2)  
3&4                      Twist both heels right (3) twist both toes right (&) twist both heels right (4)  
5-6-7-8                      Weight on the left tap right foot on the floor x4 making ¾ turn over left shoulder (5678)

**[33-40] right side chasse hitch, ¼ side chasse hitch, right side chasse hitch, ¼ sailor left**

1&2&                      Right to right side (1) left next to right (&) step right to right side (2) hitch left leg up (&)  
3&4&                      Step left to left side making ¼ turn to left (3) right next to left (&) step left to left side (4) Hitch right leg up (&)  
5&6&                      Right to right side (5) left next to right (&) step right to right side (6) hitch left leg up (&)  
7&8                      Cross left behind right (7) recover weight on right making ¼ left (&) , step on left (8)

**[41-48] Jump out out clap, jump in in clap, toe heel stomp, toe heel stomp, walk walk walk clap**

&1 &                      jump right foot out, (&) then left foot out (1) Clap (&)  
&2&                      jump right foot in, (&) then left foot in (2) Clap (&)  
3&4                      touch right toe beside left (3) touch right heel (&) stomp right beside left (4)  
5&6                      touch left toe beside right (5) touch left heel (&) stomp left beside right (6)  
7&8&                      walk forward right (7) walk forward left (&) walk forward right (8) clap (&)

**ENDING for fun!! : on the last wall (Wall 1 ) after the first 16 counts ( sailor ½)**

1-2                      Step left beside right (1) left hand on hip and right holding hat (2)

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