

Shing a Ling

Count: 64

Wall: 4

Level: Improver

Choreographer: Julie Lockton (ES) - February 2018

Music: Yesterday Once More - Daniel Shefferd : (Cover - NOT iTunes OR amazon)



**** SEE FOOTNOTE REGARDING MUSIC ****

Count in: 32 counts

S1: WALK FWD R, L, R, KICK L, STEP BACK L, R, L COASTER STEP

1 2 3 4 Walk forward R, L, R, kick L forward and clap hands (optional)

5 6 Step back on the L, step back on the R

7&8 Step back on the L, step R beside L, step forward on the L

RESTART HERE WALL 3 (Facing 06:00) AND AGAIN ON WALL 6 (Facing 12:00)

S2: RIGHT SIDE ROCK, RECOVER, CROSS SHUFFLE, STEP, STEP ¼, SHUFFLE FORWARD

1 2 Rock R to R side, recover onto L

3&4 Cross R over L, Step L to L side, cross R over L

5 6 Step L to L left side, step R to R side making a ¼ turn to 03:00

7&8 Shuffle fwd L, R, L (Step L fwd, step R alongside L, step L fwd)

S3: SIDE TOGETHER, CHASSE R, CROSS ROCK RECOVER, SHUFFLE ¼ TURN

1 2 Step R to R side, Step L beside R,

3&4 Step R to R side, step L beside R, Step R to R side

5 6 Rock fwd on the L crossing slightly over R, recover onto R

7&8 Step L to L side making ¼ turn to 12:00, step R beside L, step L fwd (you are facing 12:00)

S4: CHASSE ¼ TURN, ROCK BACK RECOVER, SIDE STEP & TOUCH, KICK BALL CHANGE

1&2 Step fwd on the R taking ¼ turn to 09:00, step L beside R, step R to R side (facing now 09:00)

3 4 Rock back on the L, recover on the R

5 6 Step L to L side, touch R next to L

7&8 Kick R fwd, step down onto R, step onto L taking full weight

S5: STEP FWD, STEP ½, COASTER STEP, STEP FWD, STEP ½, COASTER STEP

1 2 Step fwd on the R (09:00), turning over the R shoulder, step back on the L making ½ turn to face 03:00

3&4 Step back on R, step L alongside R, step fwd on R

5 6 Step fwd on the L (03:00), turning over the left shoulder, step on the R making ½ turn to face 09:00

7&8 Step back on the L, step R alongside L, step fwd on L

S6: STEP DRAG, KICK BALL CROSS, STEP DRAG, KICK BALL CHANGE

1 2 Take a big step to the R, drag L to R

3&4 Kick L fwd, step onto L, cross R over L

5 6 Take a big step to the L, drag R to L

7&8 Kick R fwd, step onto R, step onto L taking full weight

S7: RIGHT SAILOR STEP, LEFT SAILOR STEP, STEP FWD, PIVOT ½, WALK WALK

1&2 Step R behind L, step L to L side, step R to R side

3&4 Step L behind R, step R to R side, step L to L side

5 6 Step fwd on the R, pivot ½ turn to 03:00

7 8 Walk fwd R, L

S8: SHUFFLE FWD, FULL TURN (OR 2 WALKS), ROCK RECOVER, COASTER STEP

1&2 Shuffle fwd R, L, R

3 4 Step fwd on the L making ½ turn to 09:00, step fwd on the R making ½ turn to 03:00

5 6 Rock fwd on the L, recover on R

7&8 Step back on the L, step R alongside L, step fwd on the L

Note: Steps 3 4 can be a simple walk fwd L, R instead of the full turn

MUSIC: -

Please note: This is a 1997 cover version of the Carpenters track “Yesterday Once More” and does not appear to be readily available on iTunes or amazon. I have had the track sent to me by a DJ in London.

Please request the track from me on email. However, please make a minimum £1 contribution to this “Just Giving” charity page for LENNOX CHILDRENS CANCER TRUST Charity

Just giving link: <https://www.justgiving.com/fundraising/shingaling>

Email for music (but please donate): contact@linedance-international.com

Last Update - 12th Feb. 2018
