Sing Sing Sing

拍數: 40	牆數: 4	級數: Improver

編舞者: Doug Miranda (USA) & Jackie Miranda (USA) - December 2007

音樂: Sing Sing Sing (Short Edit) - Benny Goodman

INTRO
(1-8) JAZZ BOX WITH HOLD COUNTS

1-4	Cross right over left, hold, step back on left, hold
5-8	Step right to right side, hold, step left next to right, hold

Repeat the jazz boxes for a total of 5 times (a total of 40 counts) and then begin the dance

THE MAIN DANCE
(9-16) CHARLESTON 2X

1-2	Sweep and touch right toe forward, sweep step right back (weight on right)
3-4	Sweep and touch left toe back, sweep and step left forward (weight left)
5-8	Repeat steps 1-4 above

Note: swing those arms forward and back during the Charleston steps

(17-24) TOUCH RIGHT HEEL TO SIDE 2X, SAILOR CROSS; TOUCH LEFT HEEL TO SIDE 2X, SAILOR STEP

1-2	Touch right heel diagonally to right side 2x
3&4	Cross right behind left, step left slightly to left side, step down on right as you slightly angle your body to left
5-6	Touch left heel diagonally to left side 2x
7&8	Cross left behind right, step right slightly to right side, step down forward on left

For styling and added fun and energy, raise your arms in the air and push upwards for counts 1-2 and counts 5-6 as you touch those heels

(25-32) ROCK FORWARD, RECOVER, ROCK BACK, RECOVER FORWARD, ½ TURN LEFT, ½ TURN LEFT

1-2	Rock right forward, recover back on left
3-4	Rock back on right, recover forward on left
5-6	Step right forward, pivot ½ turn left (weight forward on left)
7-8	Step right forward, pivot ½ turn left (weight on left)

(33-40) CROSS, TOUCH, CROSS, TOUCH, JAZZ BOX ¼ TURN RIGHT

1-2	Cross right over left, touch left to left side (weight still on right)
3-4	Cross left over right, touch right to right side (weight on left)
5-8	Cross right over left, step back on left, make a ¼ turn right stepping right to right side, step left next to right

REPEAT