

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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