

Sing & Dance

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Count: 64 **Wall:** 4 **Level:** Improver

Choreographer: Lynne Martino , 3/2017

Music: Sing a Song – Earth, Wind & Fire. Amazon.

Start on Vocals

[1-8] Heel, Step, Heel, Step, 2 Walks, Kick Ball Change, Step, 1/4

- 1&2&** Tap R heel (1), step on R (&), tap L heel (2), step on L (&)
- 3,4** Walk forward R, L, (3,4)
- 5&6** Kick R forward (5), step on R (&), step L forward (6)
- 7,8** Step R forward(7), make $\frac{1}{4}$ pivot turn left placing weight on left

[9-16] Cross, Side, 2 Sailors, 2 Hip Sways

- 1,2** Cross R over L (1), step L to left (2)
- 3&4** Step R behind L (3), step L next to R (&), step R forward (4)
- 5&6** Step L behind R (5), step R next to L (&), step L forward (6)
- 7,8** Sway Hips R, L (7,8)

[17-24] Paddle 1/2 Turn, Jazz Box

- 1-4** Step R forward (1), pivot $\frac{1}{4}$ turn left placing weight on left(2), step R forward(3), pivot $\frac{1}{4}$ turn left placing weight on left(4),
- 5-7** Cross R over L (5), step L back (6), Hold (7)
- &8** Step R to right side (&), step on L (8)

[25-32] Shuffles, Funky Walks

- 1&2** Step R forward towards 1:00 (1), step L next to R (&), step R forward (2)
- 3&4** Step L forward towards 11:00 (3), step R next to L (&), step L forward (4)
- 5-8** Step R back and swivel R heel out a little(5&), step L back and swivel L heel out a little, (6&), Repeat R (7&), Step back on L (8)

[33-40] Step, Ball Step, Touch, $\frac{1}{4}$, Step, $\frac{1}{2}$, Touch

- 1,2 & 3,4** Step R to right side (1), hold (2), step on ball of L (&), step R to right side (3), touch L next to R (4)

5-8 Step L $\frac{1}{4}$ left (5), step forward on R (6) pivot $\frac{1}{2}$ left (7), touch R next to L (8)

[41-48] Touch, Hold, Step, Touch, Hold, Step Touches Forward, Step, Pivot $\frac{1}{4}$

1,2, & 3,4 Touch R to right side (1), hold (2), step R next to L (&), touch L to left side (3), Hold (4)

5&6&7,8 Touch R forward (5), step back on R next to L (&), touch L forward (6), step L back next to R (&), step R forward (7), pivot $\frac{1}{4}$ left putting weight on L (8)

[49-56] Cross Rock, Chasse, Cross Rock, $\frac{1}{4}$ Chasse

1,2,3 & 4 Cross R over L (1), recover on L (2), step R to right side (3), step L next to R (&), step R to right side (4)

5,6,7 & 8 Cross L over R (5), recover on R (6), step L to left side (7), step R next to L (&), step L forward $\frac{1}{4}$ left (8)

[57-64] Step, $\frac{1}{4}$, Cross, Side, Weave, Step, Drag & Touch

1-4 Step R forward (1), pivot $\frac{1}{4}$ left putting weight on L (2), cross R over L (3), Step L to left side (4)

5&6 Step R behind L (5), step L to left side (&), cross R over L (6)

7,8 Take a big step left on L (7), drag R & touch next to L (8)

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