Sing & Tell (說說唱唱) (zh)

Count: 0 **Wall:** 2 **Level:** Intermediate
Choreographer: Maddison Glover (AUS) - 2010年07月
Music: Sing (Tell The Blues So Long) - David Campbell : (CD: Shout!)

前奏： Start on vocals 唱歌起跳
Part A : 32 A部份 : 32拍

第一段

1&2,3,4 Shuffle R (Step R to R side, Bring L next to R, Step R to R side), Rock back on L, return weight to R.
右追步(右足右踏, 左足併踏, 右足右踏), 左足後下沉, 右足回復

5&6,7,8 Shuffle L (Step L to L side, Bring R next to L, Step L to L side), Rock back on R, return weight to L.
左追步(左足左踏, 右足併踏, 左足左踏), 右足後下沉, 左足回復

第二段

1-4 Step R forward at 45º R, touch/clap L together, Step L back at 45º R, touch/clap R together.
右足前踏右轉45度, 左足併點(拍手), 左足後踏右轉45度, 右足併點(拍手)

5-8 Step R fwd, Pivot ¼ L, Step R fwd, Pivot ¼ L.
右足前踏, 左軸轉90度, 右足前踏, 左軸轉90度

第三段

1&2,3,4 Shuffle R (Step R to R side, Bring L next to R, Step R to R side), Rock back on L, return weight to R.
右追步(右足右踏, 左足併踏, 右足右踏), 左足後下沉, 右足回復

5&6,7,8 Shuffle L (Step L to L side, Bring R next to L, Step L to L side), Rock back on R, return weight to L.
左追步(左足左踏, 右足併踏, 左足左踏), 右足後下沉, 左足回復

第四段

1-4 Step R forward at 45º R, touch/clap L together, Step L back at 45º R, touch/clap, R together.
右足前踏右轉45度, 左足併點(拍手), 左足後踏右轉45度, 右足併點(拍手)

5&6&7,8 Touch R heel forward, step R beside L, touch L heel forward, step L beside R, Touch R heel fwd, touch R heel fwd.
右足踵前點, 右足併踏, 左足踵前點, 左足併踏, 右足踵前點, 右足踵前點

Part B: 64 B部份 : 64拍

第一段

1&2,3&4 Walk fwd R, L, Shuffle Fwd R,L,R
右足前走, 左足前走, 前交換-右, 左, 右

5&6,7,8 Turn ½ R & shuffle back L,R,L, back rock onto R, fwd onto L.
右180度後轉交換-左, 右, 左, 右足後下沉, 左足回復

第二段

1-4 Step R to R side, Step L together, Step R to R side, Touch L toe beside R 右足右踏, 左足併踏, 右足右踏, 左足併點

5-8 Step L to L side, Step R together, Step L to L side, Touch R toe beside L 左足左踏, 右足併踏, 左足左踏, 右足趾併點

(* Whilst doing the 8 counts above, hands are raised -chest level- with palms facing the front, twiddling fingers *Happy & Gay*)
做前面8拍時, 雙手舉在胸前, 手掌面向前, 轉動手指(快樂狀)

第三段

1,2,3&4 Double Kick R fwd, R coaster (Step R back , Step L beside R , Step R fwd) 右足前踢二次, 海岸步(右足後踏, 左足併踏, 右足前踏)

5,6,7&8 Double Kick L fwd, L coaster (Step L back , Step R beside L , Step L fwd) 左足前踢兩次, 海岸步(左足後踏, 右足併踏, 左足前踏)

第四段

1-4 Step R fwd, Pivot ½ over L, Step R fwd, pivot ½ over L
右足前踏, 左軸轉180度, 右足前踏, 左軸轉180度

5,6&78& Touch R toe beside L, Step R to R side, Step L behind R, step R to R side, Cross L in front of R, touch R toe beside L. (Syncopated vine) 右足趾併踏, 右足右踏, 左足於右足後踏, 右足右踏, 左足於右足前交叉踏, 右足趾併點(變奏華倫步)

第五段

1,2,3&4 Step R to R side, Step L beside R, Shuffle fwd (R,L,R)
右足右踏, 左足併踏, 前交換(右, 左, 右)

5,6,7&8 Step L to L side, step R beside L, Shuffle back (L,R,L)
左足左踏, 右足併踏, 後交換(左, 右, 左)

第六段

1-4 Rock R back, recover on L, Cross R over L, Point L to L side.
右足後下沉, 左足回復, 右足於左足前交叉踏, 左足左點

5-8 Cross L over R, point R to R side, Cross R over L, unwind ½ over L keeping weight on L.
左足於右足前交叉踏, 右足右點, 右足於左足前交叉踏, 左繞轉重心在左足

第七段

1,2,3&4 Touch R toe to R side (Your R knee will be facing towards L diagonal), touch R heel to R side (your L knee will be facing towards R diagonal), cross shuffle (stepping R,L,R)
右足趾右點(右膝朝向左斜角), 右足踵右點(左膝朝向右斜角), 交叉交換(右, 左, 右)

5,6,7&8 Touch L toe to L side (Your L knee will be facing towards R diagonal), touch L heel to L side (your R knee will be facing towards L diagonal), cross shuffle (stepping L,R,L)
左足趾左點(左膝朝向右斜角), 左足踵左點(右膝面向左斜角), 交叉交換(左, 右, 左)

第八段

1,2&3,4 Step R to R side , touch L beside R, step onto L beside R, Walk fwd R,L 右足右踏, 左足併點, 左足併踏, 右足前走, 左足前走

5&6&7,8 Touch R heel forward, step R beside L, touch L heel forward, step L beside R, Touch R heel fwd, touch R heel fwd.
右足踵前點, 右足併踏, 左足踵前點, 左足併點, 右足踵前點, 右足踵前點
