SING SING SING

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Music: Sing Sing Sing by The Columbia Ballroom Orchestra, Album: Let's Dance Vol 1: Invitation to Dance Party
– I Could Have Danced All Night, trk 6, download time 1:55

Rhythm: Two-Step/QS Phase III +2 (1/4 trn prog chasse, running fwd lks)
[Phase IV w/optional leg crawl]

Footwork: Opposite unless indicated (W's footwork in parentheses) Speed: 42.5 rpm or adj for comfort

Timing: QQS unless otherwise indicated, reflects actual weight changes Difficulty: Above average

Sequence: Intro ABA(9-16) BA(9-16) CB End Released: Mar 7, 2018

Intro

1-4 Wait;; Apt Pt; P/U Tch;
1-2 Wait 2 meas with trailing hnds jnd in opn fcg with M fcg DLW;;
3-4 Apt L, - , pt R twd ptr, - ; thru R trng 1/4 LF to fc LOD (Fwd L tmg LF to cp fcn RLOD), - , tch L to R, - ;

Part A

1-16 ¼ Trn – Prog Chassee – Fwd;;;;, Running Fwd Lks;;;;, Many Sd Cl;;;;, Ptv 2 LOD;;;;, ¼ Trn – Prog Chassee – Fwd;;;;,
Running Fwd Lks;;;;, Many Sd Cl;;;;, Ptv 2 WALL;;;;;
1-3 (1/4 trn prog chasse) Fwd L, - , fwd R trng RF ¼ fc WALL, - ; sd L, cl R trng RF 1/8, sd & bk L, - ; bk R trng LF 1/8, - , sd L, cl R trng LF 1/8; sd & slty fwd L bjo DLW, - ; fwd R, - (W bk R, - , bk L tmg RF 1/4, - ; sd R, cl L trng RF 1/8, sd & fwd R, - ; fwn L tmg RF 1/8, - ; sd R, cl L tmg LF 1/8; sd & slty bk R bjo, - , bk L, -)
4-5 (Running Fwd Lks) Fwd L, XRib, fwd L, fwd R; fwd L, XRib, fwd L, bk R, XLif, bk R, -;
6-7 (Many Sd Cl) Comm RF trn fwd R, - , comp ½ RF trn CP fcn RLOD sd L, cl R (Comm RF trn bk L, - , comp ½ RF trn sd R, cl L); (pvt 2) Bk L & sd trng approx 3/8, - , cont trn fwd R betw W's feet end fcn DLW, - ;
8 (pvt 2) Bk L & sd trng approx 3/8, - , cont trn fwd R betw W's feet to fc LOD, - ;
9-16 Repeat meas 1-8 to bfly WALL;;;;;;

Part B

1-8 [BFLY WALL] Fc To Fc;; Bk To Bk;; Bsktbl Trn;; Fc To Fc;; Bk To Bk;; Qk Vine 8 to PU;;
1-2 (Fc to fc) Sd L, cl R, sd L trng LF (RF) to a bk to bk pos, - ; (Bk to bk) Sd R, cl L, sd R trng RF to bfly WALL, - ;
3-4 (Bsk tbl Trn) Lunge sd L twd LOD trng RF, - , rec R cont trn to fc RLOD, - ; cont RF trn lunge sd L twd RLOD, - , rec R cont trn to opn LOD, - ;
5-6 Repeat meas 1-2;;
7-8 (Vine 8 to PU) Sd L, XRib, sd L, XRif, sd L, XRib, sd L, XRif trng LF to cp LOD;

Part C

1-16 [BFLY WALL] Sd Draw;; Bhnd Sd Thru;; Sd Draw;; Bhnd Sd Thru;; 2 Trng 2-Stps;; Twrl 2;; Wk 2 BFLY;;
Sd Draw;; Bhnd Sd Thru;; Sd Draw;; Bhnd Sd Thru;; 2 Trng 2-Stps;; Twrl 2;; Wk 2 BFLY WALL;;
1-2 Sd L, draw R twds L, - , - ; XRib, sd L, thr L, - ;
3-4 Repeat meas 1-2;
5-6 (2 Trng 2-stp) Blending to cp comm RF trn sd L, cl R, trng RF sd & bk L (W fwd R between M's ft) to CP COH, - ; trng RF sd R, cl L, sd & fwd R trng to bfly WALL, - ;
7 (Twrl 2) Sd & fwd L raising jnd lead hnds leading W to begin twirl (W sd & fwd R comm RF trn under jnd lead hnds), - ; fwd R cont leading W to comp twirl ending in scp fcn LOD (W sd & bk L completing RF trn to scp), - ;
8 Fwd L, - , fwd R trng to fc ptr in bfly WALL, - ;
9-16 Repeat meas 1-8;;;;;;

End

1-10 ¼ Trn – Prog Chasse – Fwd;;;;, Running Fwd Lks;;;;, Many Sd Cl;;;;, Ptv 2 LOD;;;;, Dip & Hold;; Hold & Twst;
[optional: Qk Leg Crawl]
1-8 Repeat Part A meas 1-8;;;;;;
9-10 Bk L, - , - ; - , - , rotate upper body slightly LF;
[optional: [W -, -, rotating slightly LF raising left knee upward along the outside of M's right leg];]