

# 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

Music Link:

[https://www.amazon.com/Sing/dp/B003ENYGFU/ref=sr\\_1\\_1?s=dmusic&ie=UTF8&qid=1523052605&sr=1-1&keywords=sing+sing+sing+the+columbia+ballroom+orchestra](https://www.amazon.com/Sing/dp/B003ENYGFU/ref=sr_1_1?s=dmusic&ie=UTF8&qid=1523052605&sr=1-1&keywords=sing+sing+sing+the+columbia+ballroom+orchestra)

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 trng LF to cp fcg RLOD*), -, tch L to R, - ;

## Part A

### 1-16 1/4 Trn – Prog Chasse – Fwd;;; Running Fwd Lks;; Manuv Sd Cl; Pvt 2 LOD; 1/4 Trn – Prog Chasse – Fwd;;; Running Fwd Lks;; Manuv Sd Cl; Pvt 2 WALL;

1-3 {1/4 trn prog chasse} Fwd L, -, fwd R trng RF 1/4 fc WALL, - ; sd L, cl R trng RF 1/8, sd & bk L, - ; bk R trn LF 1/8, -, sd L, cl R trn LF 1/8; sd & sltly fwd L bjo DLW, -, fwd R, - (*W bk R, -, bk L trng RF 1/4, - ; sd R, cl L trn RF 1/8, sd & fwd R, - ; fwd L trn LF 1/8, -, sd R, cl L trn LF 1/8; sd & sltly 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, bk L; bk R, XLif, bk R, -*);

6-7 {Manuv Sd Cl} Comm RF trn fwd R, -, comp 1/2 RF trn CP fcg RLOD sd L, cl R (*Comm RF trn bk L, -, comp 1/2 RF trn sd R, cl L*); {pvt 2} Bk L & sd trng approx 3/8, -, cont trn fwd R betw W's feet end fcg 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 {Bsktbl 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, thru R, - ;

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 fcg 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 1/4 Trn – Prog Chasse – Fwd;;; Running Fwd Lks;; Manuv Sd Cl; Pvt 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*);]

Quick Cues: (Op fcg DLW, 2 meas wait)

Intro            Wait;;    Apt Pt;    P/U Tch;

A                ¼ Trn – Prog Chasse – Fwd;;;    Running Fwd Lks;;    Manv Sd Cl;    Pvt 2 (LOD);;    ¼ Trn –  
Prog Chasse – Fwd;;;    Running Fwd Lks;;    Manv Sd Cl;    Pvt 2 (Wall);;

B                (Bfly) Fc To Fc;    Bk To Bk;    Bsktbl Trn;;    Fc To Fc;    Bk To Bk;    Qk Vine 8 to P/U;;

A(9-16)        ¼ Trn – Prog Chasse – Fwd;;;    Running Fwd Lks;;    Manv Sd Cl;    Pvt 2 (Wall);;

B                (Bfly) Fc To Fc;    Bk To Bk;    Bsktbl Trn;;    Fc To Fc;    Bk To Bk;    Qk Vine 8 to P/U;;

A(9-16)        ¼ Trn – Prog Chasse – Fwd;;;    Running Fwd Lks;;    Manv Sd Cl;    Pvt 2 (Wall);;

C                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);

B                Fc To Fc;    Bk To Bk;    Bsktbl Trn;;    Fc To Fc;    Bk To Bk;    Qk Vine 8 to P/U;;

End             ¼ Trn – Prog Chasse – Fwd;;;    Running Fwd Lks;;    Manv Sd Cl;    Pvt 2 (LOD);    Dip (hold);  
--- Qk Twst; [optional: leg crawl]