

Shing a Ling

IMPROVER

64 Count 4 Walls

Choreographed by: Julie Lockton

Choreographed to: Yesterday once
more (Cover Version) by Daniel Stefferd**NOTE** Regarding the Music: Please take notice:

This is a 1997 cover version of the Carpenters track "Yesterday Once More" and does not appear to be readily available on iTunes or amazon.

I have had the track sent to me by a DJ in London

Please request the track from me on email. However, please make a minimum £1 contribution to this "Just Giving" charity page for LENNOX CHILDRENS CANCER TRUST Charity

Just giving link: <https://www.justgiving.com/fundraising/shingaling>

Email for music (but please donate): contact@linedance-international.com

Count in 32 counts**1 WALK FWD R, L, R, KICK L, STEP BACK L, R, L COASTER STEP**

1234 Walk forward R, L, R, kick L forward and clap hands (optional)

5 - 6 Step back on the L, step back on the R

7 & 8 Step back on the L, step R beside L, step forward on the L

Note RESTART HERE WALL 3 (Facing 06:00) AND AGAIN ON WALL 6 (Facing 12:00) - Both easy to hear**2 RIGHT SIDE ROCK, RECOVER, CROSS SHUFFLE, STEP, STEP ¼, SHUFFLE FORWARD**

1 - 2 Rock R to R side, recover onto L

3 & 4 Cross R over L, Step L to L side, cross R over L

5 - 6 Step L to L left side, step R to R side making a ¼ turn to 03:00

7 & 8 Shuffle fwd L, R, L (Step L fwd, step R alongside L, step L fwd)

3 SIDE TOGETHER, CHASSE R, CROSS ROCK RECOVER, SHUFFLE ¼ TURN

1 - 2 Step R to R side, Step L beside R,

3 & 4 Step R to R side, step L beside R, Step R to R side

5 - 6 Rock fwd on the L crossing slightly over R, recover onto R

7 & 8 Step L to L side making ¼ turn to 12:00, step R beside L, step L fwd (you are facing 12:00)

4 CHASSE ¼ TURN, ROCK BACK RECOVER, SIDE STEP & TOUCH, KICK BALL CHANGE

1 & 2 Step fwd on the R taking ¼ turn to 09:00, step L beside R, step R to R side (facing now 09:00)

3 - 4 Rock back on the L, recover on the R

5 - 6 Step L to L side, touch R next to L

7 & 8 Kick R fwd, step down onto R, step onto L taking full weight

5 STEP FWD, STEP ½, COASTER STEP, STEP FWD, STEP ½, COASTER STEP

1 - 2 Step fwd on the R (09:00), Step fwd on the L making ½ turn to face 03:00

3 & 4 Step back on R, step L alongside R, step fwd on R

5 - 6 Step fwd on the L (03:00), Step fwd on the R making ½ turn to face 09:00

7 & 8 Step back on the L, step R alongside L, step fwd on L

6 STEP DRAG, KICK BALL CROSS, STEP DRAG, KICK BALL CHANGE

1 - 2 Take a big step to the R, drag L to R

3 & 4 Kick L fwd, step onto L, cross R over L

5 - 6 Take a big step to the L, drag R to L

7 & 8 Kick R fwd, step onto R, step onto L taking full weight

7 RIGHT SAILOR STEP, LEFT SAILOR STEP, STEP FWD, PIVOT ½, WALK WALK

1 & 2 Step R behind L, step L to L side, step R to R side

3 & 4 Step L behind R, step R to R side, step L to L side

5 - 6 Step fwd on the R, pivot ½ turn to 03:00

7 - 8 Walk fwd R, L

8 SHUFFLE FWD, FULL TURN (OR 2 WALKS), ROCK RECOVER, COASTER STEP

1 & 2 Shuffle fwd R, L, R

3 - 4 Step fwd on the L making ½ turn to 09:00, step fwd on the R making ½ turn to 03.00

5 - 6 Rock fwd on the L, recover on R

7 & 8 Step back on the L, step R alongside L, step fwd on the L

Note: Steps 3-4 in section 8 can be a simple walk fwd L, R instead of the full turn for non turners!

END OF DANCE !

Note: Remember to DONATE to my Just Giving page for the music please and help me raise as much as possible

(63971)

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