

Tell Me How

Compte: 48

Mur: 2

Niveau: Intermediate



Chorégraphe: Wandy Hidayat (INA) - December 2024

Musique: How Am I Supposed to Live Without You - Michael Bolton

Intro : 16 C - No Tag - 2 Restart

SEC 1 : FWD, FULL TURN R, FWD, $\frac{3}{4}$ L, CROSS ROCK RECOVER SIDE (R-L)

- 1-2& Step R forward (1), $\frac{1}{2}$ turn Right step L back (2), $\frac{1}{2}$ turn Right step R forward (&)
- 3-4& Step L forward (3), $\frac{1}{2}$ turn Left step R back (4), $\frac{1}{4}$ turn Left step L to side (&)
- 5-6& Rock R over L (5), recover on L (6), step R to side (&)
- 7-8& Rock L over R (7), recover on R (8), step L to side (&) (03.00)

SEC 2 : BASIC NC, $\frac{1}{4}$ R & SWEEP, BEHIND, $\frac{1}{8}$ L, ARABESQUE, BACK L-R, $\frac{3}{8}$ L & SWEEP, CROSS, SIDE

- 1-2& Step R to side (1), cross L slightly behind R (2), cross R over L (&)
- 3-4& $\frac{1}{4}$ turn Right step L back and sweep R to back (3), cross R behind L (4), $\frac{1}{8}$ turn Left step L forward (&)
- 5-6& Step R forward and lift L back (5), step L back (6), step R back (&)
- 7-8& $\frac{3}{8}$ turn Left step L forward and sweep R to front (7), cross R over L (8), step L to side (&) (12.00)

SEC 3 : BACK SWEEP (R-L-R), BEHIND, SIDE, CROSS ROCK, RECOVER, SIDE ROCK, RECOVER, BACK ROCK & SWEEP, BEHIND, FWD

- 1 - 3 Step R back and sweep L to back (1), Step L back and sweep R to back (2), Step R back and sweep L to back (3)
- 4&5& Cross L behind R (4), step R to side (&), rock L over R (5), recover on R (&)
- 6 & 7 Rock L to side (6), recover on R (&), step L back and sweep R to back (7)
- 8& Cross R behind L (8), step L forward (&) (12.00)

SEC 4 : $\frac{1}{4}$ L DIAMOND, WALK (R-L), $\frac{1}{4}$ L BASIC NC, SIDE & $\frac{1}{2}$ R SPIRAL, SIDE, CROSS

- 1-2& Step R to side (1), $\frac{1}{8}$ turn Left step L back (2), step R back (&)
- 3-4& $\frac{1}{8}$ turn Left step L to side (3), step R forward (4), step L forward (&)
- 5-6& $\frac{1}{4}$ turn Left step R to side (5), cross L slightly behind R (6), cross R over L (&)
- 7-8& Step L to side and make spiral $\frac{1}{2}$ turn Right, weight on L (7), step R to side (8), cross L over R (&) (12.00)

SEC 5 : SWAY R-L-R & DRAG, WALK AROUND $\frac{3}{4}$ L & SWEEP, CROSS, $\frac{1}{4}$ R, BACK & HOOK, FWD

- 1 - 3 Step R to side and sway to Right (1), sway to Left (2), sway to Right and drag L toward R (3)

Restart here on wall 4 (with step change)

- 4 & 5 $\frac{1}{4}$ turn Left step L forward (4), $\frac{1}{4}$ turn Left step R forward (&), $\frac{1}{4}$ turn Left step L forward and sweep R to front (5)
- 6 & 7 Cross R over L (6), $\frac{1}{4}$ turn Right step L back (&), step R back and hook L (7)
- 8 Step L forward (8) (06.00)

SEC 6 : OUT-OUT, BACK LOCK SHUFFLE & SWEEP, BEHIND, SIDE, FWD, $\frac{1}{2}$ L PIVOT (2X)

- 1 - 2 Step R to forward diagonal (1), Step L to forward diagonal (2)
- 3 & 4 Step R back (3), Lock L over R (&), step R back and sweep L to back (4)

Restart here on wall 2 (with step change)

- 5 & 6 Cross L behind R (5), step R to side (&), step L forward (6)
- 7&8& Step R forward (7), $\frac{1}{2}$ turn Left step L in place (&), step R forward (8), $\frac{1}{2}$ turn Left step L in place (&) (06.00)

Restart 1 on wall 2 after 44 C, with step change on count 43 & 44

V- Step

1 - 2 Step R to forward diagonal (1), Step L to forward diagonal (2)

3 - 4 Step R back to center (3), step L next to L (4)

Restart 2 on wall 4 after 36 C, with step change on count 36

SWAY R-L-R-L

1 - 4 Step R to side and sway to Right (1), sway to Left (2), sway to Right (3), sway to Left (4)

Enjoy The Dance !!

For more info : hidayatwandi73@gmail.com
