

Tell Me Please

拍数: 32 墙数: 4 级数: Improver
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音乐: How Long Gone - Brooks & Dunn : (Album: If you see her)



Intro:- 32 counts

Section 1: □ Walk forward R L, R kick ball cross, R side touch, L side together back

1-2 Walk forward right, walk forward left
3&4 Kick right forward, step right next to left, step left over right
5-6 Step right to right side, touch left toe next to right
7&8 Step left to left side, step right next to left, step back left

***Restart on wall 9**

Section 2: □ Rock back R recover, heel grind 1/4 R, rock back R recover, Step R pivot 1/2 L step R

1-2 Rock back right, recover on left
3-4 Dig right heel forward turning 1/4 right, step on left (3 O'Clock)
5-6 Rock back right, recover left
7&8 Step forward right, turn 1/2 left stepping on left, step forward right (9 O'Clock)

Section 3: □ L shuffle 1/2 R, R shuffle 1/2 R, rock forward L recover & cross unwind 1/2 L

1&2 Turn 1/4 R stepping left to left side, step right next to left, turn 1/4 R Stepping back on left (3 O'Clock)
3&4 Turn 1/4 R stepping right to right side, step left next to right, turn 1/4 R stepping forward on right (9 O'Clock)
5-6 Rock forward left, recover right
&7-8 Step left next to right, cross right over left, unwind 1/2 L wieght on L (3 O'Clock)

***Restart on wall 4**

Easy option:- replace ½ turn shuffles with L R shuffles forward

Section 4: □ Cross rock R recover, R side shuffle, cross rock L recover, L slide R touch

1-2 Cross rock right over left, recover left
3&4 Step right to right side, step left next to right, step right to right side
5-6 Cross rock left over right, recover right
7-8 Step big step left to left side as you slide right towards left, touch Right toe next to left

*** Restarts on wall 4 after section 3 and on wall 9 after section 1**

Enjoy!

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