

# Dis Moi Tout

拍数: 32                      墙数: 4                      级数: High Beginner  
编舞者: Laure-Anne VITELLI (FR) - 28 July 2023  
音乐: Dis Moi Tout - Ridsa : (Album: Equateur - iTunes)



## Intro 16 Counts

### [1-8] WALK R-L-R-L, DOUBLE HIP BUMP R & L

1-2-3-4            Step RF Fwd (1), Step LF Fwd (2), Step RF Fwd (3), Step LF Fwd (4), 12:00  
5 & 6            Step RF to R side with 2 hip bump R to the R (5 & 6) (BWR),  
7 & 8            Recover en BWL and 2 hip bump L to the L (7 & 8) (BWL),

### [9-16] 1/2 STEP TURN L, SIDE ROCK R, RECOVER, JAZZ BOX R

1-2            Step RF Fwd (1), Pivot 1/2 T to the L (2) (BWL), 6:00  
3-4            Rock step R to R side (3), Recover BW on L with step LF on the L side (4),  
5-6-7          Cross RF over LF (5), LF Step back (6), Step RF to R side (7),  
8            Step LF Fwd (8)

**Restarts After 16 counts : Wall 2 (facing 3:00), Restart the dance facing 9:00**

**Wall 6 (facing 6:00), Restart the dance facing 12:00**

### [17-24] 1/8 T R STEP R FWD, TOGETHER, STEP R FWD, TOUCH, 1/8 T L STEP SIDE L, TOGETHER, 1/4 T L STEP L FWD, BRUSH R

1-2            Make 1/8 T R step RF in the R front diagonal (1), Assemble LF beside RF (2), Step RF in  
7:30  
3-4            the R front diagonal (3), Touch point LF beside RF (4),  
5-6            Make 1/8 T L step LF to L side (5), Assemble RF beside LF (6) 6:00  
7-8            Make 1/4 T L step LF Fwd (7), Brush RF on the floor (8), 3:00

### [25-32] V-STEP (African style), DOUBLE CROSS HEEL GRIND R

1            Step RF in the R front diagonal « OUT » by rolling the R hip to R (1),  
2            Step LF in the L front diagonal « OUT » by rolling the L hip to L (2),  
3-4          Step RF back to center (3), Step LF back to center beside RF (4) (BWL),  
5            Make 1/8 T L cross RF over LF on heel (Toe RF to the L) (5), 1:30  
6            Pivot on the R heel making 1/8 T R (Toe RF to the R) step LF to the L side(6), 3:00  
7            Make 1/8 T L cross RF over LF on heel (Toe RF to the L) (7), 1:30  
8            Pivot on the R heel making 1/8 T R (Toe RF to the R) step LF to the L side (8)(BWL) 3:00

**Easy option:**

**On counts 5/6/7/8 replace les Heels Grind with Cross : Cross RF over LF (5),  
Step LF to the L side (6), Cross RF over LF (7), Step LF to the L side (8)**

**Final At the end of the dance, facing 3:00, make ¼ Turn L to finish facing 12:00**

Source: This card is the original. If you have any questions do not hesitate to contact me: Laure-Anne VITELLI : linedancestory.83@gmail.com – laureannevitelli.83@gmail.com

Last Update: 31 Jul 2023