

Tell Me How

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Wandy Hidayat (INA) - December 2024
音乐: How Am I Supposed to Live Without You - Michael Bolton



Intro : 16 C - No Tag - 2 Restart

SEC 1 : FWD, FULL TURN R, FWD, ¾ L, CROSS ROCK RECOVER SIDE (R-L)

1-2& Step R forward (1), ½ turn Right step L back (2), ½ turn Right step R forward (&)
3-4& Step L forward (3), ½ turn Left step R back (4), ¼ 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, ¼ R & SWEEP, BEHIND, ⅙ L, ARABESQUE, BACK L-R, ⅜ L & SWEEP, CROSS, SIDE

1-2& Step R to side (1), cross L slightly behind R (2), cross R over L (&)
3-4& ¼ turn Right step L back and sweep R to back (3), cross R behind L (4), ⅙ turn Left step L forward (&)
5-6& Step R forward and lift L back (5), step L back (6), step R back (&)
7-8& ⅜ 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 : ¼ L DIAMOND, WALK (R-L), ¼ L BASIC NC, SIDE & ½ R SPIRAL, SIDE, CROSS

1-2& Step R to side (1), ⅙ turn Left step L back (2), step R back (&)
3-4& ⅙ turn Left step L to side (3), step R forward (4), step L forward (&)
5-6& ¼ 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 ½ 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 ¾ L & SWEEP, CROSS, ¼ 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 ¼ turn Left step L forward (4), ¼ turn Left step R forward (&), ¼ turn Left step L forward and sweep R to front (5)
6 & 7 Cross R over L (6), ¼ 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, ½ 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), ½ turn Left step L in place (&), step R forward (8), ½ 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
