

拍数: 42 墙数: 4 级数: Intermediate

编舞者: Brenda Nuttall (UK) 音乐: Tell Him - Billie Davis



JUMP FORWARD, JUMP BACK, TOE HITCH & CLAP TWICE

1&2 Jump forward and clap3&4 Jump back and clap

Point left toe to side, hitch left leg and clap
Point left toe to side, hitch left leg and clap

¾ CAJUN SHUFFLE, BACK LOCK STEP

9&10 Cross left foot in front of right with ¼ turn, transfer weight to right with ¼ turn right, step

weight back onto left with 1/4 turn right

11&12 Step back right, lock left in front of right, step back left

KICK &JUMP BACK, HIP BUMPS WITH HITCH HIKE THUMBS

13-16 Kick left foot forward and jump back right, left and clap

Leaning to right bump hips right, right with hitch hike thumb right hand Leaning to left bump hips left, left with hitch hike thumb left hand

SIDE MAMBO, FORWARD SHUFFLE, SIDE MAMBO AND CROSS

21&22 Rock right foot out to side and return weight to left

23&24 Shuffle forward left, right, left

25&26 Rock out right foot to side and return weight to left, cross right in front of left with weight on

right

LEFT KICK BALL CROSS, 1/4 TURN WITH REVERSE TOE TAPS

27&28 Kick left forward, step weight onto left and cross right in front of left (weight on right)

29&30 Tap left toe back, tap toe 1/8 turn right, tap toe 1/8 turn to right

1/4 TURN LEFT WITH REVERSE KNEE/HIP ROLL TWICE

31&32 ¼ turn left with knees together, rotate hips to the left at same time as knees moving to the left 33&34 ¼ turn left with knees together, rotate hips to the left at same time as knees moving to the left

HITCH & SHUFFLE BACK, HITCH ½ TURN, FORWARD SHUFFLE

&35&36 Hitch left and shuffle back left, right, left

&37&38 Hitch right while turning ½ turn right, shuffle forward right, left, right

LEFT ROCK STEP, ¾ SHUFFLE LEFT

39-40 Rock forward on left foot and return weight to right

41&42 Shuffle ¾ turn left on left, right, left

REPEAT