

Tell Me

拍数: 32 墙数: 4 级数: Improver
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音乐: Tell Me Mama - BR5-49



FORWARD MAMBO TWICE, MAMBO BACK, STEP, ¼ TURN

1&2 Step right forward, step left back, step right beside left
3&4 Step left forward, step right back, step left beside right
5&6 Step right back, step left forward, step right beside left
7-8 Rock forward onto left, making ¼ turn right recover onto right

SYNCOPATED WEAVE WITH ¼ TURN & STOMP, HIP-BUMPS

9-10 Step left across right, step right to right
&11-12 Step left behind right, making ¼ turn right step right forward, stomp left forward
13-14 Bump left hip diagonally forward (10:00), bump right hip diagonally back (4:00)
15-16 Bump left hip diagonally forward twice (10:00)

¼ TURN SHUFFLE, ¼ TURN-LATIN STEP-ROCK, FULL TURN SHUFFLE, LATIN STEP-ROCK

17&18 Making ¼ turn right shuffle right, left, right
19-20 Making ¼ turn right rock step left while swaying hip to left, replace weight on right
21&22 Making a full turn over left shoulder shuffle left, right, left
23-24 Rock step right while swaying hip to right, replace weight on left

FORWARD HEEL SWITCHES, TOE-HEEL, TOE-HEEL SWITCH, ¼ TURN SHUFFLE

25&26& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
27&28& Touch right heel forward, touch right toe across and beside left, touch right heel forward, step right beside left
29&30& Touch left toe back, step left beside right, touch right heel forward, step right beside left
31&32 Make ¼ turn left and then shuffle forward on left, right, left

REPEAT
