

Tell Me

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Tell Me - P. Diddy & Christina Aguilera



KICK BALL TOUCH, TOUCH, HITCH, ¼ TURN COASTER STEP, SMALL STEP FORWARD X3

1&2 Kick right forward, step right together, touch left toe to side
&3 Step left together, touch right toe to side
&4 Hitch right knee, turn right knee out
5&6 Cross right behind left, turn ¼ right and step left back, step right forward (3:00)
7&8 Step left forward (bend left knee), step right slightly forward (bend right knee), step left slightly forward (straight knee)

CROSS ROCK, SIDE, CROSS ROCK, TOUCH, HITCH, SIDE, BODY ROLL

1&2 Cross/rock right over left, recover onto left, step right to side
3&4 Cross/rock left over right, recover onto right, touch left toe to side
5& Hitch left knee, step left together
6 Step right to right
7&8 Hold (body roll right), step left together, step right to side

HIP ROLLS, CROSS ROCK, SLIDE, CROSS, SIDE, HITCH

1-2 Hold (roll hips to the right)
3-4 Hold (roll hips to the left, weight ends on right)
5&6 Cross/rock left behind right, recover onto right, big step left to side
7& Cross right behind left, step left to side
8 Hitch right knee

ROGER RABBIT X4, ½ TURN RIGHT WITH JUMPS, PUMP CHEST

1 Touch right toe back and hop left back
&2 Hitch right knee, step right back
&3 Hitch left knee, touch left toe back and hop right back
&4 Hitch left knee, step left back
5&6 Hop both feet in place (turn ¼ right), hop both feet in place (turn ¼ right), hop feet apart (facing 9:00)
&7&8 Hold

On &7&8, pump chest forward twice starting on the & count

REPEAT