

Tell Me

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ernst Roggeveen
音乐: Tell Me - Bobb Valentine



2X HITCH, TOUCH-STEP BEHIND, KICK-BALL CROSS-ROCK, STEP SIDE 2X

- & Lift right knee up
- 1 Right foot touch behind left foot
- & Lift right knee up
- 2 Right foot back in place
- & Lift left knee up
- 3 Left foot touch behind right foot
- & Lift left knee up
- 4 Left foot back in place and take weight on left foot
- 5 Kick right foot in diagonal
- & Right foot back in place
- 6 Step left foot in front of right foot
- & Regain weight on right foot
- 7 Left foot step to the side
- & Hitch right knee
- 8 Step right foot to the side

3X SHOULDER PUSH, 2X HOP, KNEES LEFT, RIGHT AND FULL CIRCLE

- 1 Push left shoulder to left and take weight on left foot
- 2 Push right shoulder to the right and take weight on right foot
- 3 Push left shoulder to left and take weight on left foot
- 4 Hop (jump) on both feet while turning quarter to left
- 5 Push both knees to left
- 6 Push both knees to right
- 7&8 Make full circle with both knees and pop to a hold

STEP FORWARD, FULL TURN WITH SWEEP, BEHIND-SIDE-CROSS ETC

- 1 Step left foot forward
- 2&3 Sweep with right foot, full circle to the right
- & Step on right foot
- 4 Step left foot next to right foot
- 5 Step right foot to right
- & Left foot behind right foot
- 6 Step right foot to right side
- & Left foot cross over right foot
- 7 Right foot step to right side
- & Left foot cross behind right foot
- 8 Right foot step to right side and take weight on right foot

STEP TO SIDE, HITCH ¼ TURN, STEP TO SIDE, 3X WEIGHT CHANGE, 2X ROCK-STEP CROSS

- 1 Step left foot to left foot side
- & Hitch right knee while turning ¼ to left
- 2 Right foot step to side while turning ¼ to left
- 3 Push weight on left leg and stretch right leg
- & Push weight on right leg and stretch left leg
- 4 Push weight on left leg and stretch right leg

- 5 Step right foot in front of left foot and take weight
- & Regain weight on left foot
- 6 Step right foot to right
- 7 Step left foot in front of right foot and take weight
- & Regain weight on right foot
- 8 Step left foot to left side

REPEAT
