

Tell Me Bout It

拍数: 32

墙数: 2

级数: Intermediate/Advanced west coast
swing



编舞者: Rachael McEnaney (USA)

音乐: Tell Me 'Bout It - Joss Stone

¼ LEFT SAILOR STEP, BALL CROSS, ¼ RIGHT, ¼ RIGHT WITH ROCK STEP CROSS, BALL, SIDE CLOSE

- 1&2 Cross left behind right making ¼ turn left, step right next to left, cross left slightly over right (9:00)
- &3-4 Step right to right side, cross left over right, make ¼ turn right stepping forward on right (12:00)
- &5-6 Make ¼ turn right rocking left to left side, recover weight onto right, cross left over right (3:00)
- &7-8 Step right next to left, (push down into right foot) step left to left side, step right next to left (3:00)

WALK LEFT RIGHT, STEP ½ PIVOT TURN, ½ TURN LEFT, ¼ TURN LEFT, ¼ TURN RIGHT, ½ TURN RIGHT

- 1-2 Step forward on left, step forward on right (3:00)
- 3&4 Step forward on left, pivot ½ turn right (weight on right) step forward on left (9:00)
- 5-6 Make ½ turn left stepping back on right, make ¼ turn left rocking left out to left side (12:00)
- 7-8 Make ¼ turn right recovering weight onto right, make ½ turn right stepping back on left (9:00)

When teaching the above section I would suggest including the next &1 count in section below to make it flow

¼ TURN RIGHT WITH BALL CROSS, DIAGONAL STEP, FORWARD ROCK & CROSS WALKS WITH TURN, SAILOR WITH ¼ TURN

- &1-2 Make ¼ turn right stepping right to right side, cross left over right, step right towards right diagonal (12:00)
- 3&4 (Still facing diagonal) rock forward on left, recover weight onto right, cross left over right diagonal
- 5-6 Make 3/8 turn right stepping forward on right (facing back) make ¼ turn right stepping left to left side (9:00)

Style: try and make counts 5 and 6 more of a casual walk (with purpose) rather than trying to think about the direction and the turns

- 7&8 Cross right behind left, make ¼ turn left stepping forward on left, stomp right to right side (6:00)

¼ TURN LEFT WITH STRONG LEG STOMPS, BALL CROSS, SIDE ROCK, CROSS BACK, ¼ TURN, ½ TURN

- 1-2 Make 1/8 turn left stomping right to right side, make 1/8 turn left stomping right to right side (3:00)

Style: think of this as 3 stomps including count 8 of last section, they are strong steps like the right leg is dead

- &3 Step in place with ball of left, cross right over left, (3:00)
- &4 Rock ball of left to left side, recover weight to right (3:00)
- 5-6 Cross left over right, step back on right (3:00)
- 7-8 Make ¼ turn left stepping forward on left, make ½ turn left stepping back on right (6:00)

REPEAT