Tell Me Cha

拍数: 32

级数: Improver

编舞者: Knox Rhine (USA)

音乐: Take Me - Lari White

STOMP, CLAP, SHUFFLE

- Stomp forward with right foot, weight stays on left 1
- 2 Clap hands at chest level
- 3 Step forward with right foot
- & Step together with left foot next to right foot
- 4 Step forward with right foot

STOMP, CLAP, SHUFFLE

- 5 Stomp forward with left foot, weight stays on right foot
- 6 Clap hands at chest level
- 7 Step forward with left foot
- & Step together with right foot next to left foot
- 8 Step forward with left foot

TOE, HEEL, SHUFFLE BACK

- 9 Touch right toe beside left instep
- 10 Touch right heel beside left instep
- 11 Step back with right foot
- & Step together with left foot next to right foot
- 12 Step back with right foot

TOE, HEEL, SHUFFLE BACK

- Touch left toe beside right instep 13
- 14 Touch left heel beside right instep
- 15 Step back with left foot
- & Step together with right foot next to left foot
- 16 Step back with left foot

SIDE, BEHIND, ¼ TURNING SHUFFLE

- 17 Step to right side with right foot
- 18 Step across behind right leg with left foot
- 19 Step 1/4 turn right with right foot
- & Step to left side with left foot
- 20 Transfer weight onto right foot

BACK, LOCK, BACK-1/4 TURN-TOGETHER

- 21 Step back with left foot
- Step back across in front (lock step) of left leg with right foot 22
- 23 Step back with left toe/ball
- & Pivot 1/4 turn right on ball of left foot, stepping to right side with right foot
- 24 Place left foot next to right foot

RIGHT SIDE SHUFFLE, ¼ TURN, LEFT SIDE SHUFFLE, ¼ TURN

- 25 Step to right side with right foot
- & Step together with left foot
- 26 Step to right side with right foot





墙数: 2

- & Pivot ¼ turn right on ball of right foot
- 27 Step to left side with left foot
- & Step together with right foot
- 28 Step to left side with left foot
- & Pivot ¼ turn right on ball of left foot

RIGHT SIDE SHUFFLE, ½ TURN, LEFT SIDE SHUFFLE

- 29 Step to right side with right foot
- & Step together with left foot
- 30 Step to right side with right foot
- & Pivot ½ turn right on ball of right foot
- 31 Step to left side with left foot
- & Step together with right foot
- 32 Step to left side with left foot

REPEAT