

# Tell Me How

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Linda Brooks (UK)  
音乐: How Am I Supposed To Live Without You - Newton



## **RIGHT, KICK BALL CHANGE, WALK WALK, ½ PIVOT, STOMP HEEL SWIVELS**

1&2      Kick right, forward, step back on ball of right, change weight to left  
3-6      Walk forward right, left, step forward right, pivot ½ to left  
7&8      Stomp right, to right, side (optional spread arms slightly to sides) lift and swivel both heels to right, on &, replace heels to center and down on 8

## **LEFT, SIDE SHUFFLE, FULL TURN LEFT, RIGHT, SIDE SHUFFLE, CROSS UNWIND ¾ KICK CLICK**

9&10      Step left, to left, side, close right, to left, step left, to left, side  
11-12      Turn ½ to left, stepping right, to right, side, turn ½ to left, stepping left, to left, side  
13&14      Step right, to right, side, close left, to right, step right, to right, side  
15-16      Cross left, over right, on ball of left, turn ¾ to right, kicking right, forward with click of fingers

## **STEP LOCK SHUFFLE, 1 ¼ TURN LEFT, BALL CHANGE**

17-18-      Step right, forward, lock left, behind right  
19&20      Step right, forward lock left, behind right, step right, forward  
21-22      Step left, to left, side turning ¼ left, step right, to right, side turning ½ left  
23&24      Step left, to left, side turning ½ left, step on ball of right, change weight to left

## **ROCK FORWARD & BACK, STOMP FORWARD RIGHT, LIFT HEELS RIGHT, X3 TURNING ¼ LEFT**

25-28      Rock forward on right, rock back on left, rock back on right, rock forward on left  
29-32      Stomp forward right, in front of left, lift, move both heels to right, 3 times making body turn ¼ to left

## **3 SHUFFLES MAKING FULL TURN TO LEFT, ROCK BACK, RIGHT, ROCK FORWARD LEFT**

33&34&      Step left, to left, side close right, to left, step left, to left, side, turn ½ to left, on left, foot on &  
35&36&      Step right, to right side close left, to right, step right, to right, side, turn ½ to left, on right, foot on &  
37&38-39-40      Step left, to left, side close right, to left, step left, to left, side, rock back on right, forward on left

## **FORWARD COASTER WALK BACK, BACKWARD COASTER WALK FORWARD**

41&42-      Step forward right, step forward left, step back right  
43-44      Walk back left, right  
45&46      Step back left, step back right, step forward left  
47-48      Walk forward right, left

## **3 SHUFFLES MAKING FULL TURN TO RIGHT, ROCK BACK LEFT, ROCK FORWARD RIGHT**

49-56      Repeat steps 33-40 but traveling to right

## **KICK FORWARD AND SIDE AND SIDE BALL CHANGE, REPEAT BUT END STEP TAP**

57&      Kick left, forward, replace left, beside right  
58&      Low kick right, to right, side (knees & toes facing front), replace right, beside left  
59&      Low kick left, to left, side (knees and toes facing front), replace ball of left, beside right, lifting right, foot up slightly  
60      Replace right, beside left  
61-63      Repeat steps 57-59  
&64      Replace left, beside right, tap right, beside left

**REPEAT**

The song ends abruptly on count 16. On right kick keep leg up in front of you and see if you can hold it there until the end of the track when the last 'ooooo' has phased out!

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