

# Tell Me!

拍数: 32      墙数: 0      级数:  
编舞者: Zandra Varnham (SCO)  
音乐: Tell Me How You Feel - Joy Enriquez



## POINT SWITCHES TWICE POINT HITCH POINT, KICK AND CROSS

1            Point right toe to right side  
&            Bring back to place  
2            Point left toe to left side  
&            Bring back to place  
3            Point right toe to right side  
&            Hitch right knee across left  
4            Point right toe to right side (keep weight on left)  
5            Kick right foot out  
&            Step down on right foot  
6            Cross left foot over right  
7&8        Bounce three times turning  $\frac{1}{2}$  turn over right shoulder

## STEP, TOUCH, STEP TOUCH, SHUFFLE, STEP $\frac{1}{2}$ TURN

1            Step forward on right  
2            Touch left toe behind right  
3            Step back on left foot  
4            Touch right toe next to left  
5&6        Step forward right, step left next to right, step forward right  
7&8        Step forward on left foot,  $\frac{1}{4}$  turn right stepping right to right side,  $\frac{1}{4}$  turn right stepping left forward

## POINT SWITCHES X4, TWISTS, COASTER STEP

1            Point right toe to right side  
&            Bring back to place and take the weight  
2            Point left toe forward  
&            Bring back to place  
3            Point right toe forward  
&            Bring back to place  
4            Point left toe to left side  
5&6        Twist heels  $\frac{1}{4}$  turn to left, twisting right, left, right (weight on right foot)  
7&8        Step back on left, step right next to left, step forward on left foot

## MONTEREY ROCK AND CROSS, KICK AND CROSS, HIPS, HIPS

1            Point right toe to right side  
2            Sweep right toe round while  $\frac{1}{2}$  turning right, stepping right next to left  
3&4        Step left to left side, step down on right, cross left over right  
5            Kick right toe to right diagonal forward  
&6        Step down on right foot, cross step left foot over right foot  
7            Step down on right foot - bumping hips to right side  
8            Step down on left foot bumping hips to left side

REPEAT