

Tell Ya What

拍数: 32 墙数: 4 级数: Intermediate
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音乐: I'll Tell You What - Rick Tippe



KICK & KICK, STEP, STEP, (SHOULDERS) UP, DOWN

1&2 Kick right foot forward, step right next to left, kick left foot forward
&3&4 Step left foot slightly forward, step right next to left, shrug shoulders up, down

KICK & KICK, STEP, STEP, (SHOULDERS) UP, DOWN

5&6 Kick right foot forward, step right next to left, kick left foot forward
&7&8 Step left foot slightly forward, step right next to left, shrug shoulders up, down

KICK & KICK, STEP, SCUFF, HITCH, STEP

1&2 Kick right foot forward, step right next to left, kick left foot forward
&3&4 Step left foot slightly forward, scuff right foot next to left, hitch right knee, step right slightly forward

Body should be angled slightly to the left

HIP BUMPS WITH SHOULDER MOVEMENTS MAKING ¼ TURN

5&6 Bump hips right, left, right
7&8 Bump hips left, right, left, while making a ¼ turn to your left

Styling option: when bumping hips right lift left shoulder, When bumping hips left lift right shoulder

STEP, TOUCH, ROCK, ROCK, STEP, HAND MOVEMENTS

1-2 Step right foot to right side, touch left toe next to right foot
&3-4 Rock left foot slightly out to left, rock weight back onto right foot, step slightly onto left foot out to left side

Feet should be about shoulder width apart, Weight should be more on right foot

5&6 Thrust right arm straight out palm down, bend right arm up palm toward left, with left arm bent and fingers touching right elbow, slap right palm down on to left elbow

Arms should lay right over left horizontally in front of you,

7&8 Bring hands up parallel, palms facing each other, clap, clap

SYNCOPATED VINE, HAND MOVEMENTS

1-2 Step left foot out to left side, cross right foot behind left
&3-4 Step left foot out to left side, cross right foot in front of left, step left foot out to the left side
5&6 Thrust right arm straight out palm down, bend right arm up palm toward left, with left arm bent and fingers touching right elbow, slap right palm down on to left elbow

Arms should lay right over left horizontally in front of you

7&8 Bring hands up parallel, palms facing each other, clap, clap

REPEAT