

Dimelo (Tell Me) (I Need To Know)

COPPERKNOB
BY STEPHENETS

拍数: 32 墙数: 2 级数: Intermediate
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音乐: I Need to Know - Marc Anthony



POINT, & POINT, & KNEES, ¼ TURN KNEE ROLL. HOLD, SIDE, & FORWARD, SIDE, & FORWARD

- 1&2 Point right out to right side, quickly bring right next to left change weight, point left out to left side
- &3-4 Quickly bring left next to right pushing knees right, roll both knees left making ¼ turn left, hold
- 5&6 Step right to right side, step left in place, step right slightly forward
- 7&8 Step left to left side, step right in place, step left slightly forward

ROCK FORWARD, ROCK BACK, SHUFFLE BACK, ¼ TURN, SLIDE, ¼ TURN, SLIDE

- 1-2 Rock right forward, rock back on left
- 3&4 Step right back, cross left in front of right, step right back
- 5-8 Step left back into ¼ turn left, slide right towards left (you can touch right next to left), step right forward into ¼ turn left, slide left towards right (you can touch left next to right)

SAILOR SHUFFLE WITH ¼ TURN. SAILOR SHUFFLE WITH ¼ TURN, SHUFFLE LEFT, SHUFFLE RIGHT

- 1&2 Step left behind right, step right slightly right while making ¼ turn right, step left slightly to left side
- 3&4 Step right behind left, step left slightly to left side, step right slightly to right side making ¼ turn right
- 5&6 Step left forward, bring right up behind left, step left forward (optional: shimmies forward)
- 7&8 Step right forward, bring left up behind right, step right forward (optional: shimmies forward)

& STEP, CROSS, STEP, & ¼ STEP, CROSS, STEP, CROSS, UNWIND ½ TURN, HIP ROLL

- &1&2 Quickly push off right foot, step left out to left side, cross right over left, step left out to left side
- &3&4 Quickly push off left foot, step right out to right side while making ¼ turn right, cross left over right, step right out to right side
- 5-6 Cross left over right, unwind ½ turn right (weight is on left)
- 7-8 Roll hips right, then left (option : you can double time hip rolls)

REPEAT
