Tell On You

拍数: 32

级数: Improver

编舞者: Gary Lafferty (UK) - July 2007

音乐: Your Cheatin' Heart - LeAnn Rimes

8-count intro

HEEL FORWARD, TOE BACK, RIGHT SHUFFLE FORWARD : LEFT ROCKING CHAIR

- 1-2 Touch Right heel forward, touch Right foot back
- Step forward on Right foot, step on Left foot beside Right, step forward on Right foot 3&4
- 5-6 Rock forward on Left foot, recover weight back onto Right foot
- 7-8 Rock back on Left foot, recover weight onto Right foot

TRAVELLING HEEL-GRINDS FORWARD ;ROCK, RECOVER, TRIPLE ¾ TURN

- Touch Left heel forward with toes turned in, turn toes out taking weight onto full Left foot flat 1-2 on floor
- 3-4 Touch Right heel forward with toes turned in, turn toes out taking weight onto full Right foot flat on floor
- Rock forward on Left foot ,recover weight back onto Right 5-6
- 7&8 Shuffle ³/₄ turn in place over Left shoulder stepping Left-Right-Left

GRAPEVINE to RIGHT with STEP TOGETHER ;FAN LEFT FOOT TWICE

- Step to Right on Right foot ,cross-step Left foot behind Right 1-2
- 3-4 Step to Right on Right foot, step on Left foot beside Right (weight remains on Right foot)
- 5-6 Fan toes of Left foot to Left side , fan toes of Left foot back to centre
- 7&8 Fan toes of Left foot to Left side , fan toes of Left foot back to centre

SYNCOPATED GRAPEVINE to LEFT ;ROCK BACK , RECOVER , STEP FORWARD , ½ TURN

- 1-2 Step to Left on Left foot cross-step Right foot behind Left
- & Step to Left on Left foot
- 3-4 Cross-step Right foot over Left, step to Left on Left foot
- 5-6 Rock back on Right foot, recover weight onto Left foot
- 7-8 Step forward on Right foot, pivot 1/2 turn to Left

START AGAIN

Music available on the LeAnn Rimes album ?LeAnn? or download the track from Itunes (79p)

The album is available from www.amazon.co.uk from £1.56 (new & used section) or from www.hmv.co.uk

The album also contains music for the dances ?Go To Pieces? (Keith Cross) & ?Let?s Make A Deal? (Peter Metelnick)

Alternative floor-splits for this dance ? ?Heartbreak Express? or ?Rio?





墙数:4