Tell Him That



编舞者: Frank Trace (USA) - October 2013

音乐: Tell Him (Glee Cast Version) - Glee Cast



Intro: Begin after the first 8 counts. This dance should be done with a slight bounce in your steps. Feel the music.

BOUNCEY WALKS FORWARD, FORWARD COASTER STEP, BOUNCEY WALKS BACK, COASTER STEP

1-2	Walk forward stepping R, L (Do these walks with a slight bounce in your steps)

3&4 Step R forward, step L next to R, step R back

5-6 Walk back stepping L, R (Do these walks with a slight bounce in your steps)

7&8 Step L back, step R next to L, step L forward

SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER 1/4 RIGHT, SHUFFLE FORWARD

1-2 Rock R to right side, recover onto L
3&4 Cross shuffle R over L stepping R, L, R

5-6 Rock L to left side, recover a ½ turn right, stepping on R (3:00)

7&8 Shuffle forward stepping L, R, L

CROSS STEP, STEP BACK TURNING 1/4, SIDE SHUFFLE RIGHT, CROSS STEP, STEP BACK TURNING 1/4, SIDE SHUFFLE LEFT

1-2	Cross step F	R over L. s	step back o	on L turning	1/4 to	right ((6:00)	

3&4 Side shuffle right stepping R, L, R

5-6 Cross step L over R, step back on R turning ½ to left (3:00)

7&8 Side shuffle left stepping L, R, L

HEEL, TOE, SHUFFLE FORWARD, 1/2 PIVOT, SHUFFLE FORWARD

1-2 Touch R heel forward, touch R toe back

3&4 Shuffle forward stepping R, L, R

5-6 Step L forward, pivot ½ turn right (weight on right) (9:00)

7&8 Shuffle forward stepping L, R, L

START OVER

ENDING: You will end the dance facing the 3:00 wall. As the music ends, turn $\frac{1}{4}$ to the front wall and touch your R toe out to the right side and pose with a smile.

Contact: franktrace@sssnet.com