

Tell Him That

拍数: 32 墙数: 4 级数: Beginner
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.

BOUNCY 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 ¼ 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 ¼ turn right, stepping on R (3:00)
7&8 Shuffle forward stepping L, R, L

CROSS STEP, STEP BACK TURNING ¼, SIDE SHUFFLE RIGHT, CROSS STEP, STEP BACK TURNING ¼, SIDE SHUFFLE LEFT

1-2 Cross step R over L, step back on L turning ¼ 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 ¼ to left (3:00)
7&8 Side shuffle left stepping L, R, L

HEEL, TOE, SHUFFLE FORWARD, ½ 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 ¼ to the front wall and touch your R toe out to the right side and pose with a smile.

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