

Tell Me (誰能告訴我) (zh)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Andrew Palmer (UK) & Sheila Palmer (UK) - 2010年08月
音樂: Tell Me - Jake Owen



前奏 : Intro: Start on main vocals (approx 72 seconds)

第一段 Toe-Strut. Toe-Strut. Rock. Recover. Together. Hold
趾踵, 趾踵, 右曼波 候

1-4 Touch right forward, drop weight to right heel, touch left forward, drop weight to left heel
右足前點, 右足踵踏, 左足前點, 左足踵踏

5-8 Rock right to side, recover, step right beside left, hold
右足右下沉, 左足回復, 右足併踏, 候

第二段 Back. Together. Forward. Lock. Forward. Hold. Rock. Recover
後併前鎖前候, 下沉回復

1-6 Coaster-step left, lock right behind left, step forward left, hold
左海岸步, 右足於左足後鎖踏, 左足前踏, 候

7,8 Rock forward right, recover 右足前下沉, 左足回復

第三段 Rock. Recover. Step-Pivot-Cross. Hold. Quarter-Turn. Hitch
後下沉回復, 踏轉交叉, 候, 1/4 抬

1-6 Rock back right, recover, step forward right, pivot quarter left (9:00), cross right over left, hold
右足後下沉, 左足回復, 右足前踏, 左軸轉90度(面向9點鐘), 右足於左足前交叉踏, 候

7,8 Quarter right (12:00) step back left, hitch right
右轉90度左足後踏(面向12點), 右足抬

第四段 Quarter-Turn. Hitch. Point. Hitch. Point. Hold. Behind. Quarter Turn-Step 1/4 抬點抬點候, 後 1/4

1-6 Quarter right (3:00) step right to side, hitch left, point left to side, hitch left, point left to side, hold
右轉90度右足右踏(面向3點鐘), 左足抬, 左足左點, 左足抬, 左足左點, 候

7,8 Step left behind right, quarter left (12:00) step right in place (start a sailor-turn half left)
左足於右足後踏, 左轉90度右足踏(面向12點鐘)(接續下一拍成轉水手)

第五段 Quarter Turn-Step.Run.Run. Hold. Back. Sweep. Back. Sweep
1/4踏跑跑候, 後繞後繞

1-4 Quarter turn left (9:00) step left forward, run forward right, run forward left, hold
左轉90度左足前踏(面向9點鐘), 右足前跑, 左足前跑, 候

5-8 Step back right, sweep left, step back left, sweep right
右足後踏, 左足繞, 左足後踏, 右足繞

第六段 Back. Together. Forward. Hold. Side. Together. Forward. Hold
後併前候, 左併前候

1-4 Coaster-step right, hold 海岸步, 候

5-8 Step left to side, step right beside left, step forward left, hold
左足左踏, 右足併踏, 左足前踏, 候

第七段 Side. Together. Back. Hold. Sailor-Quarter-Turn. Hold
側併後候, 1/4轉水手候

1-4 Step right to side, step left beside right, step back right, hold
右足右踏, 左足併踏, 右足後踏, 候

5-8 Sailor-turn quarter left (6:00), hold
左90度轉水手(面向6點鐘), 候

第八段 Step-Pivot-Step. Hold. Step-Pivot-Step. Hold
踏轉踏候, 踏轉踏候

1-4 Step forward right, pivot half left (12:00), step forward right, hold 右足前踏, 左軸轉180度(面向12
點鐘), 右足前踏, 候

5-8 Step forward left, pivot half right (6:00), step forward left, hold
左足前踏, 右軸轉180度(面向6點鐘), 左足前踏, 候
