

Tell Me

拍數: 32 牆數: 2 級數: Improver / Intermediate
編舞者: Nicola Lafferty (UK) - February 2016
音樂: Tell Me I'm the One - Jennifer Day : (Album: The Fun Of Your Love)



Count In: 16 Count Intro

Note: There is one restart – after 8 counts on Wall 3. See below.

[1-8] □□ Side, Behind, Side, Cross Rock, Recover, ½ Turn, R Basic, □□□ Sways

- 1,2& Step RF to R side, Cross LF behind RF, Step RF to R side
3,4& Cross Rock LF over RF, Recover weight to RF, make ½ turn over L □□ shoulder stepping LF fwd (face 6.00)
5,6& Step RF a large step to R side, Close LF to RF, Step RF a small step □□ across LF
7,8& Sway to body to L, Sway body R, L

*Restart here on Wall 3

[9-16] □□ Side, Cross Rock, Recover x 2, ½ Walk around, ½ Turn

- 1,2& Step RF to R side, cross rock LF over RF recover weight to RF
3,4& Step LF to L side, cross rock RF over LF, recover weight to LF
5,6&7 Making a semi-circle ½ turn to face 12.00, walk RF (5), walk LF (6), □□ walk RF (&), walk LF (7)
8& Step RF fwd, ½ pivot turn to L (taking weight to LF) (face 6.00)

[17-24] □ Nightclub Diamond, Rock Recover with arm circle

- 1,2& Step RF to R side, making 1/8 turn L to face 4.30, Step LF back, □□ Step RF back
3,4& Making 1/8 turn L to face 3.00, Step LF to L side, Making 1/8 turn L □□ to face 1.30, Step RF fwd, Step LF fwd
5,6& Making 1/8 turn L to face 12.00, Step RF to R side making 1/8 □□ turn L to face 10.30, Step LF back, Step RF back
7 Make 1/8 turn L to square up to the 3.00 wall as you rock LF to L □□ side (*optional arm: circle L arm and look to 6.00 as you rock)
8 Make ¼ turn R taking weight to RF (face 12.00)

[25-32] □ Walk, Step ½ Pivot, Step, ½ Pivot, L Nightclub basic, Lunge

- 1,2& Step LF fwd, Step RF fwd, ½ Pivot turn to L (face 6.00)
3,4& Step RF fwd, Step LF fwd, ½ Pivot turn to R (face 12.00)
5,6& Step LF a large step to L side, Close Rf to LF, Step LF a small step □□ across RF
7 Lunge RF to R side
8 Take weight to LF as you make a ½ turn to L, collect RF beside LF