

# Tell Me How

拍數: 48                      牆數: 2                      級數: Intermediate  
編舞者: Wandy Hidayat (INA) - December 2024  
音樂: How Am I Supposed to Live Without You - Michael Bolton



Intro : 16 C - No Tag - 2 Restart

## SEC 1 : FWD, FULL TURN R, FWD, $\frac{3}{4}$ L, CROSS ROCK RECOVER SIDE (R-L)

1-2&                      Step R forward (1),  $\frac{1}{2}$  turn Right step L back (2),  $\frac{1}{2}$  turn Right step R forward (&)  
3-4&                      Step L forward (3),  $\frac{1}{2}$  turn Left step R back (4),  $\frac{1}{4}$  turn Left step L to side (&)  
5-6&                      Rock R over L (5), recover on L (6), step R to side (&)  
7-8&                      Rock L over R (7), recover on R (8), step L to side (&) (03.00)

## SEC 2 : BASIC NC, $\frac{1}{4}$ R & SWEEP, BEHIND, $\frac{1}{8}$ L, ARABESQUE, BACK L-R, $\frac{3}{8}$ L & SWEEP, CROSS, SIDE

1-2&                      Step R to side (1), cross L slightly behind R (2), cross R over L (&)  
3-4&                       $\frac{1}{4}$  turn Right step L back and sweep R to back (3), cross R behind L (4),  $\frac{1}{8}$  turn Left step L forward (&)  
5-6&                      Step R forward and lift L back (5), step L back (6), step R back (&)  
7-8&                       $\frac{3}{8}$  turn Left step L forward and sweep R to front (7), cross R over L (8), step L to side (&) (12.00)

## SEC 3 : BACK SWEEP (R-L-R), BEHIND, SIDE, CROSS ROCK, RECOVER, SIDE ROCK, RECOVER, BACK ROCK & SWEEP, BEHIND, FWD

1 - 3                      Step R back and sweep L to back (1), Step L back and sweep R to back (2), Step R back and sweep L to back (3)  
4&5&                      Cross L behind R (4), step R to side (&), rock L over R (5), recover on R (&)  
6 & 7                      Rock L to side (6), recover on R (&), step L back and sweep R to back (7)  
8&                      Cross R behind L (8), step L forward (&) (12.00)

## SEC 4 : $\frac{1}{4}$ L DIAMOND, WALK (R-L), $\frac{1}{4}$ L BASIC NC, SIDE & $\frac{1}{2}$ R SPIRAL, SIDE, CROSS

1-2&                      Step R to side (1),  $\frac{1}{8}$  turn Left step L back (2), step R back (&)  
3-4&                       $\frac{1}{8}$  turn Left step L to side (3), step R forward (4), step L forward (&)  
5-6&                       $\frac{1}{4}$  turn Left step R to side (5), cross L slightly behind R (6), cross R over L (&)  
7-8&                      Step L to side and make spiral  $\frac{1}{2}$  turn Right, weight on L (7), step R to side (8), cross L over R (&) (12.00)

## SEC 5 : SWAY R-L-R & DRAG, WALK AROUND $\frac{3}{4}$ L & SWEEP, CROSS, $\frac{1}{4}$ R, BACK & HOOK, FWD

1 - 3                      Step R to side and sway to Right (1), sway to Left (2), sway to Right and drag L toward R (3)

Restart here on wall 4 (with step change)

4 & 5                       $\frac{1}{4}$  turn Left step L forward (4),  $\frac{1}{4}$  turn Left step R forward (&),  $\frac{1}{4}$  turn Left step L forward and sweep R to front (5)  
6 & 7                      Cross R over L (6),  $\frac{1}{4}$  turn Right step L back (&), step R back and hook L (7)  
8                      Step L forward (8) (06.00)

## SEC 6 : OUT-OUT, BACK LOCK SHUFFLE & SWEEP, BEHIND, SIDE, FWD, $\frac{1}{2}$ L PIVOT (2X)

1 - 2                      Step R to forward diagonal (1), Step L to forward diagonal (2)  
3 & 4                      Step R back (3), Lock L over R (&), step R back and sweep L to back (4)

Restart here on wall 2 (with step change)

5 & 6                      Cross L behind R (5), step R to side (&), step L forward (6)  
7&8&                      Step R forward (7),  $\frac{1}{2}$  turn Left step L in place (&), step R forward (8),  $\frac{1}{2}$  turn Left step L in place (&) (06.00)

Restart 1 on wall 2 after 44 C, with step change on count 43 & 44

**V- Step**

1 - 2 Step R to forward diagonal (1), Step L to forward diagonal (2)

3 - 4 Step R back to center (3), step L next to L (4)

**Restart 2 on wall 4 after 36 C, with step change on count 36**

**SWAY R-L-R-L**

1 - 4 Step R to side and sway to Right (1), sway to Left (2), sway to Right (3), sway to Left (4)

**Enjoy The Dance !!**

**For more info : [hidayatwandi73@gmail.com](mailto:hidayatwandi73@gmail.com)**

---