

Tell Me

拍數: 32 牆數: 4 級數: Improver
編舞者: Anna Desiyanti (INA) - December 2024
音樂: Dancing In the Sky - Kristen Cruz



The dance starts on vocal, after 4 counts

SECTION I : FORWARD - HOLD - TOGETHER - FORWARD - TOUCH WITH KNEES BENDING - KICK - UNWIND - RUN

1-2-& Diagonally to 01:30 step R forward - Hold on R - Step L next to R
3-4-& Step R forward - Touch L next to R while both knees bending - Straightening knees as raising up the body
5-6 Kick L forward, weight on R - Touch L behind R
7-8-& 1/2 turn left towards 07:30, change L ball to flat by shifting the weight on to L - Step R forward - Step L forward

SECTION II : 1/8 SQUARING SERPIENTE - 1/4 TURN - CHASE TURN - FULL TURN

1-2-& Squaring 1/8 to 09:00, step R forward while L sweeping from back to front - Cross L over R - Step R to right
3-4-& Step L backward while R sweeping from front to back - Cross R behind L - 1/4 turn left towards 06:00 step L forward
5-6-& Step R forward - Step L forward - 1/2 turn right towards 12:00, step R forward
7-8-& Step L forward - 1/2 turn left step R backward - 1/2 turn left step L forward

SECTION III : 3/4 DIAMOND - SWAY

1-2-& Step R to right - 1/8 left, step L back - Step R back
3-4-& 1/8 left facing 09:00, step L to left - 1/8 left, step R forward - Step L forward
5-6-& 1/8 left facing 06:00, step R to right - 1/8 left, step L backward - Step R backward
7-8-& 1/8 left facing 03:00, step L to left while doing sway to left - Sway to right - Sway to left

SECTION IV : BASIC NC R & L - SPIRAL TURN - RUN - FORWARD ROCK - RECOVER - TOGETHER

1-2-& Step R to right - Step L closed behind R - Cross R over L
3-4-& Step L to left - Step R closed behind L - Cross L over R
5-6-& Step R over L and making spiral full turn - Step L forward - Step R forward
7-8-& Rock L forward - Recover on R - Step L together R

Dance Demo in YouTube:

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