

Tell Him

拍數: 42 牆數: 4 級數: Intermediate
編舞者: Brenda Nuttall (UK)
音樂: Tell Him - Billie Davis



JUMP FORWARD, JUMP BACK, TOE HITCH & CLAP TWICE

1&2 Jump forward and clap
3&4 Jump back and clap
5&6 Point left toe to side, hitch left leg and clap
7&8 Point left toe to side, hitch left leg and clap

¾ CAJUN SHUFFLE, BACK LOCK STEP

9&10 Cross left foot in front of right with ¼ turn, transfer weight to right with ¼ turn right, step weight back onto left with ¼ turn right
11&12 Step back right, lock left in front of right, step back left

KICK & JUMP BACK, HIP BUMPS WITH HITCH HIKE THUMBS

13-16 Kick left foot forward and jump back right, left and clap
17-18 Leaning to right bump hips right, right with hitch hike thumb right hand
19-20 Leaning to left bump hips left, left with hitch hike thumb left hand

SIDE MAMBO, FORWARD SHUFFLE, SIDE MAMBO AND CROSS

21&22 Rock right foot out to side and return weight to left
23&24 Shuffle forward left, right, left
25&26 Rock out right foot to side and return weight to left, cross right in front of left with weight on right

LEFT KICK BALL CROSS, ¼ TURN WITH REVERSE TOE TAPS

27&28 Kick left forward, step weight onto left and cross right in front of left (weight on right)
29&30 Tap left toe back, tap toe 1/8 turn right, tap toe 1/8 turn to right

¼ TURN LEFT WITH REVERSE KNEE/HIP ROLL TWICE

31&32 ¼ turn left with knees together, rotate hips to the left at same time as knees moving to the left
33&34 ¼ turn left with knees together, rotate hips to the left at same time as knees moving to the left

HITCH & SHUFFLE BACK, HITCH ½ TURN, FORWARD SHUFFLE

&35&36 Hitch left and shuffle back left, right, left
&37&38 Hitch right while turning ½ turn right, shuffle forward right, left, right

LEFT ROCK STEP, ¾ SHUFFLE LEFT

39-40 Rock forward on left foot and return weight to right
41&42 Shuffle ¾ turn left on left, right, left

REPEAT
