

Tell Him

拍數: 0 牆數: 2 級數: Improver
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音樂: Tell Him - Vonda Shepard



Sequence: A-A-B-B-A-A-coda

PART A

HITCH, PIVOT TURN ½ AND HIP BUMPS, HOLD, TOE STEPS

- 1 Hitch right
- 2-3 Step right foot forward and hip bump to right, pivot turn ½ to left and hip bump to left
- 4 Hold
- 5-6 Step right toes forward, step right heel down
- 7-8 Step left toes forward, step left heel down turning ¼ to right (9:00)

MONTEREY TURN ½, TOE STEP, STEP

- 1-2 Touch right to right side, pivot ½ to right on left foot and step right foot together left
- 3-4 Touch left to left side, step left foot together right
- 5-6 Step right toes over left foot, step right heel down
- 7-8 Step left foot to left, recover weight to right foot

STEP, HOLD, BACK, TOGETHER, FORWARD, TOGETHER, HOLD

- 1 Step left foot forward
- 2 Hold
- 3 Recover weight on right foot
- 4-5 Step left foot back, step right foot together left
- 6-7 Step left foot forward, touch right foot together left
- 8 Hold

MONTEREY TURN ½, TOE STEP, STEP, FORWARD

- 1-2 Touch right to right side, pivot ½ right on left foot and step right foot together left
- 3-4 Touch left to left side, step left together right
- 5-6 Step right toes over left, step right heel down
- 7-8 Step left to left side, step right forward turning ¼ to right

TOE STEPS

- 1-2 Step left toes forward, step left heel down
- 3-4 Step right toes forward, step right heel down
- 5-6 Step left toes forward, step left heel down
- 7-8 Step right toes forward, step right heel down

TOUCHES, MONTEREY TURN ½

- 1-2 Touch left to left side, step left together right
- 3-4 Touch right to right side, step right together left
- 5-6 Touch left to left side, step left together right
- 7-8 Touch right to right side, pivot ½ right on left foot and step right foot together left

TOE STEPS, TOUCHES, MONTEREY TURN ½

- 1-16 Repeat those last 16 counts

GRAPEVINE, TOUCHES

- 1-2 Step left foot to left side, step right foot behind left

- 3-4 Step left foot to left side, touch right toes to right side
- 5-6 Touch right toes over left, touch right toes to right side
- 7-8 Touch right toes behind left, touch right toes to right side

GRAPEVINE, TOUCHES

- 1-2 Step right foot to right side, step left foot behind right
- 3-4 Step right foot to right side, touch left foot to left side
- 5-6 Touch left toes over right, touch left toes to left side
- 7-8 Touch left toes behind right, touch left toes to left side

STEP, TOUCH, STEP TOUCH, GRAPEVINE

- 1-2 Step left foot to left side, touch right together left
- 3-4 Step right foot to right side, touch left together right
- 5-6 Step left foot to left side, step right foot behind left
- 7-8 Step left foot to left side, touch right together left

MONTEREY TURN ½, STEP, STEP

- 1-2 Touch right to right side, pivot ½ right on left foot and step right foot together left
- 3-4 Touch left to left side, step left foot together right
- 5-6 Step right foot forward, recover weight on left foot
- 7-8 Step right foot behind, recover weight on left foot

PART B

KICK, STEP, TOUCH, KICK, STEP, TOUCH, KICK

- 1-2 Kick right forward, step right over left
- 3-4 Touch left to left side, kick left forward
- 5-6 Step left over right, touch right to right side
- 7-8 Kick right forward, step right over left

TOUCH, KICK, STEP, TOUCHES

- 1-2 Touch left to left side, kick left forward
- 3-4 Step left over right, touch right to right side
- 5-6 Touch right over left, touch right to right side
- 7-8 Touch right behind left, touch right to right side

GRAPEVINE, TOUCHES

- 1-2 Step right to right side, step left behind right
- 3-4 Step right to right side, touch left to left side
- 5-6 Touch left over right, touch left to left side
- 7-8 Touch left behind right, touch left to left side

GRAPEVINE, MONTEREY TURN ½

- 1-2 Step left to left side, step right behind left
- 3-4 Step left to left side, touch right together left
- 5-6 Touch right to right side, pivot ½ right on left foot and step right foot together
- 7-8 Touch left foot to left side, step left foot together

REPEAT

CODA

STEPS, HOLD, HIP BUMPS, (HOLD)

- 1-2 Step right foot forward, recover weight on left foot
- 3-4 Step right foot behind, recover weight on left foot
- 5 Hitch right foot

6-7
8

Step right foot forward and hip bump to right, recover weight on left foot and hip bump to left
Hold
