

Tell Me 'bout It

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Joey Warren (USA)
音樂: Tell Me 'Bout It - Joss Stone



WALK TWICE, ROCK & CROSS, ROCK ½ TURN, SAILOR WITH TOUCH

1-2 Walk forward on the left foot, walk forward on the right foot
3&4 Rock out to left on left foot, recover back on right, cross left foot over right
5&6 ¼ turn left rocking back on right foot, recover on left, ¼ turn left stepping right to right side
7&8 Step left foot behind right, step right out to right, touch left toe out to left side

WALK TWICE, FULL TURN BOX STEPS

1-2 Walk forward on left foot, walk forward on right foot
3&4 ¼ turn right stepping back on left, step right out to right starting ¼ turn right, finish ¼ turn by stepping your left foot forward
5-6 Step forward on right foot, ¼ turn right stepping back on the left foot
7&8 Start ¼ turn right by stepping right foot to right side, finish ¼ turn right by stepping left forward, step forward on the right foot

This box turn will make a full turn; go back to the wall you started it from

MAMBO FORWARD, MAMBO/CROSS, ¾ TURN WITH TOUCH, HOLD & TOUCH

1&2 Rock forward on the left foot, recover back on right, step left beside of right
3&4 Rock back on the right foot, recover back on left, cross the right over the left (weight on right)
5&6 Start a ¾ turn left by stepping left out a little more than a ¼ turn, finish ¾ turn by stepping right close to the left foot, touch left toe out to left side

It's just a ¾ turn left in place stepping left first, then right, and finish with touch out to left

7&8 Hold for count 7, step left foot beside of right, touch right toe out to right side

JAZZ, SIDE-CROSS-¼ TURN, STEP WITH ¼ TURN, SIDE, CROSS, SIDE

1-2 Cross right foot over left, step left foot back
3&4 Step right out to right side, cross left over the right, ¼ turn right stepping right forward
5-6 ¼ turn right stepping left foot back, step right foot out to right side
7-8 Cross left foot over right foot, step right out to right side

REPEAT

RESTART

On wall 3, restart after count 16