

Tell Me

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Ernst Roggeveen
音樂: Tell Me - Bobb Valentine



2X HITCH, TOUCH-STEP BEHIND, KICK-BALL CROSS-ROCK, STEP SIDE 2X

& Lift right knee up
1 Right foot touch behind left foot
& Lift right knee up
2 Right foot back in place
& Lift left knee up
3 Left foot touch behind right foot
& Lift left knee up
4 Left foot back in place and take weight on left foot
5 Kick right foot in diagonal
& Right foot back in place
6 Step left foot in front of right foot
& Regain weight on right foot
7 Left foot step to the side
& Hitch right knee
8 Step right foot to the side

3X SHOULDER PUSH, 2X HOP, KNEES LEFT, RIGHT AND FULL CIRCLE

1 Push left shoulder to left and take weight on left foot
2 Push right shoulder to the right and take weight on right foot
3 Push left shoulder to left and take weight on left foot
4 Hop (jump) on both feet while turning quarter to left
5 Push both knees to left
6 Push both knees to right
7&8 Make full circle with both knees and pop to a hold

STEP FORWARD, FULL TURN WITH SWEEP, BEHIND-SIDE-CROSS ETC

1 Step left foot forward
2&3 Sweep with right foot, full circle to the right
& Step on right foot
4 Step left foot next to right foot
5 Step right foot to right
& Left foot behind right foot
6 Step right foot to right side
& Left foot cross over right foot
7 Right foot step to right side
& Left foot cross behind right foot
8 Right foot step to right side and take weight on right foot

STEP TO SIDE, HITCH ¼ TURN, STEP TO SIDE, 3X WEIGHT CHANGE, 2X ROCK-STEP CROSS

1 Step left foot to left foot side
& Hitch right knee while turning ¼ to left
2 Right foot step to side while turning ¼ to left
3 Push weight on left leg and stretch right leg
& Push weight on right leg and stretch left leg
4 Push weight on left leg and stretch right leg

- 5 Step right foot in front of left foot and take weight
- & Regain weight on left foot
- 6 Step right foot to right
- 7 Step left foot in front of right foot and take weight
- & Regain weight on right foot
- 8 Step left foot to left side

REPEAT
