

Tell Me About It

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Lesley Clark (SCO)
音樂: Tell Me 'Bout It - Joss Stone



TOE SWITCHES, KICK BALL CHANGES TWICE, STEP TURN

1&2 Touch right toe out to right side, switch left toe to left side
&3&4 Step left back in place, kick right forward, step back in place, step left next to right
5&6 Kick right forward, step back in place, step left next to right
7-8 Step forward on right, pivot $\frac{1}{4}$ turn left

RIGHT LOCK STEP, ROCK, RECOVER, LEFT LOCK STEP, TOE BACK

1&2 Step forward on right, lock left behind right, step forward on right
3-4 Rock forward on left, recover
5&6 Step back on left, lock right in front of left, step back on left
7-8 Touch right toe behind, pivot $\frac{1}{2}$ turn right, (keeping weight on left foot)

PRESS KICK, COASTER STEP, STEP PIVOT, FULL TURN

1-2 Press forward onto right foot, lean back onto left and kick right foot forward
4&3 Step back on right foot, step left next to right, step forward on to right
5-6 Step forward on left, pivot $\frac{1}{2}$ turn right
7-8 $\frac{1}{2}$ turn right stepping back on left foot, $\frac{1}{2}$ turn right stepping forward on right foot

LEFT LOCK STEP, ROCK, RECOVER, RIGHT LOCK STEP, TOE BACK

1&2 Step forward on left, lock right behind left, step forward on left
3-4 Rock forward on right, recover
5&6 Step back on right, lock left in front of right, step back on the right
7-8 Touch left toe behind, pivot $\frac{1}{4}$ turn left (putting weight onto left foot)

TOE SWITCHES, HEEL SWITCHES, $\frac{1}{4}$ TURN, TOE SWITCHES, HEEL SWITCHES

1&2 Touch right toe to right side, bring back in place, touch left toe out to left side
&3&4 Touch right heel forward, bring back in place, turn $\frac{1}{4}$ left placing left heel forward
&5&6 Touch right toe to right side, bring back in place, touch left toe to left side
&7&8 Touch right heel forward, bring back in place, touch left heel forward

STEP PIVOT, STEP PIVOT, BEHIND, SIDE, FRONT, STEP TOUCH

&1-2 Bring left foot back in place, step forward on right, pivot $\frac{1}{2}$ turn left
3-4 Step forward on right, pivot $\frac{1}{4}$ turn left
5&6 Step right behind left, step left to left side, step right in front of left
7-8 Step left to left side, touch right next to left

REPEAT