

# Tell Me Bout It

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Maria Louise (UK)  
音樂: Tell Me 'Bout It - Joss Stone



## WEAVE, HEEL AND CROSS, ¼, ½, FORWARD MAMBO

1&2&3&4      Cross left over right, step right to right side, cross left behind right, step right to right side, place left heel at left diagonal., step left together, cross right over left  
5-6      Make ¼ turn right step back on left, make ½ turn right step forward on right (9:00)  
7&8      Rock forward on left, recover on right, step left next to right

## CROSS, SIDE HEEL AND CROSS TWICE, ¼, COASTER STEP

1&2&3      Cross right over left, step left to left side, tap right heel to right diagonal., step right together, cross left over right  
&4&5-6      Step right to right side, tap left heel to left diagonal., step left together, cross right over left, make ¼ turn right step back on left (12:00)  
7&8      Step back on right, step left next to right, step forward on right

## ROCK AND CROSS TWICE, ROCK AND ½ PADDLE ROUND

1&2      Rock left to left side, recover on right, step forward on left  
3&4      Rock right to right side, recover on left, step forward on right  
5&      Rock left to left side, recover on right

### Make a full turn left on the spot with cross-ball-cross-ball-cross

6&7&8      Cross left over right, small step right to right side, cross left over right, small step right to right side, cross left over right

## STEP, ½ TURN, COASTER STEP, TWICE

1-2      Step forward on right, make ½ turn right step back on left (6:00)  
3&4      Step back on right, step left next to right, step forward on right  
5-6      Step forward on left, make ½ turn left step back on right (12:00)  
7&8      Step back on left, step right next to left, step forward on left

## ROCK RECOVER COASTER, STEP PIVOT ¼, CROSS SHUFFLE

1-2      Rock forward right, recover on left  
3&4      Step back on right, step left next to right, step forward on right  
5-6      Step forward on left, pivot ¼ turn right  
7&8      Cross left over right, step right to right side, cross left over right (3:00)

## POINT AND POINT AND TAP HOOK STEP, STEP PIVOT, STEP PIVOT STEP

1&2&3&4      Point right to right side, step right next to left, point left to left side, step left next to right, tap right heel forward, hook right in front of left ankle, step forward on right  
5-6      Step forward on left, pivot ½ turn right (9:00)  
7&8      Step forward left, pivot ½ turn right, step left next to right (3:00)

## TAP AND TAP, ½ TURN, TAP AND TAP AND HITCH 3X, STEP, SIDE, SAILOR

1&2&3&4&5      Tap right heel forward, step right in place, tap left toe to back, make ½ turn left step on left, tap right toe to back, step right next to left, tap left heel forward, step left next to right, hitch right knee and make 1/8 turn left touch right toe to right side (7:30)  
6-7-8      Hitch right knee and make 1/8 turn left touch right toe to right side, hitch right knee and make 1/8 turn left touch right toe to right side, hitch right knee and make 1/8 turn left and step right next to left (3:00)

**CROSS, SIDE, BEHIND SIDE, HEEL AND CROSS, ¼, ¼ SAILOR**

1-2 Cross left over right, step right to right side

3&4&5 Cross left behind right, step right to right side, tap left heel to left diagonal., step left together, cross right over left

6-7&8 Make ¼ turn right step back on left, make ¼ turn right cross right behind left, step left to left side, step right to right side (9:00)

**REPEAT**

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