

Tell Me How

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Linda Brooks (UK)
音樂: How Am I Supposed To Live Without You - Newton



RIGHT, KICK BALL CHANGE, WALK WALK, ½ PIVOT, STOMP HEEL SWIVELS

- 1&2 Kick right, forward, step back on ball of right, change weight to left
3-6 Walk forward right, left, step forward right, pivot ½ to left
7&8 Stomp right, to right, side (optional spread arms slightly to sides) lift and swivel both heels to right, on &, replace heels to center and down on 8

LEFT, SIDE SHUFFLE, FULL TURN LEFT, RIGHT, SIDE SHUFFLE, CROSS UNWIND ¾ KICK CLICK

- 9&10 Step left, to left, side, close right, to left, step left, to left, side
11-12 Turn ½ to left, stepping right, to right, side, turn ½ to left, stepping left, to left, side
13&14 Step right, to right, side, close left, to right, step right, to right, side
15-16 Cross left, over right, on ball of left, turn ¾ to right, kicking right, forward with click of fingers

STEP LOCK SHUFFLE, 1 ¼ TURN LEFT, BALL CHANGE

- 17-18- Step right, forward, lock left, behind right
19&20 Step right, forward lock left, behind right, step right, forward
21-22 Step left, to left, side turning ¼ left, step right, to right, side turning ½ left
23&24 Step left, to left, side turning ½ left, step on ball of right, change weight to left

ROCK FORWARD & BACK, STOMP FORWARD RIGHT, LIFT HEELS RIGHT, X3 TURNING ¼ LEFT

- 25-28 Rock forward on right, rock back on left, rock back on right, rock forward on left
29-32 Stomp forward right, in front of left, lift, move both heels to right, 3 times making body turn ¼ to left

3 SHUFFLES MAKING FULL TURN TO LEFT, ROCK BACK, RIGHT, ROCK FORWARD LEFT

- 33&34& Step left, to left, side close right, to left, step left, to left, side, turn ½ to left, on left, foot on &
35&36& Step right, to right side close left, to right, step right, to right, side, turn ½ to left, on right, foot on &
37&38-39-40 Step left, to left, side close right, to left, step left, to left, side, rock back on right, forward on left

FORWARD COASTER WALK BACK, BACKWARD COASTER WALK FORWARD

- 41&42- Step forward right, step forward left, step back right
43-44 Walk back left, right
45&46 Step back left, step back right, step forward left
47-48 Walk forward right, left

3 SHUFFLES MAKING FULL TURN TO RIGHT, ROCK BACK LEFT, ROCK FORWARD RIGHT

- 49-56 Repeat steps 33-40 but traveling to right

KICK FORWARD AND SIDE AND SIDE BALL CHANGE, REPEAT BUT END STEP TAP

- 57& Kick left, forward, replace left, beside right
58& Low kick right, to right, side (knees & toes facing front), replace right, beside left
59& Low kick left, to left, side (knees and toes facing front), replace ball of left, beside right, lifting right, foot up slightly
60 Replace right, beside left
61-63 Repeat steps 57-59
&64 Replace left, beside right, tap right, beside left

REPEAT

The song ends abruptly on count 16. On right kick keep leg up in front of you and see if you can hold it there until the end of the track when the last 'ooooo' has phased out!
