

Tell Me How

拍數: 32 牆數: 2 級數: Advanced
編舞者: Anita Bath
音樂: How Am I Supposed to Live Without You - Michael Bolton



STEP, DRAG, COASTER BACK, SWEEP IN FRONT, SIDE, BEHIND, ¼ TURN RIGHT FORWARD, PIVOT ½ TURN RIGHT, FORWARD, ½ TURN LEFT

1& Step left to side, drag right to left
2&3 Step right back, step left next to right, step right forward
&4 Sweep left in front of right, step left down across right
&5 Step right to side, step left behind right
&6 ¼ turn right step right forward, step left forward
&7 Pivot ½ turn right (end weight right), walk left forward
8 Turn ½ left step right back

LEFT COASTER BACK, SWEEP IN FRONT, SWEEP IN FRONT, ROCK FORWARD, ROCK BACK, ½ TURN RIGHT FORWARD, PIVOT ½ TURN RIGHT, FORWARD, PIVOT ¾ TURN RIGHT

1&2 Step left back, step right beside left, step left forward
3 Sweep right forward in front of left step down right
4 Sweep left forward in front of right step down left
5-6& Step forward right, replace weight left, ½ turn right stepping forward on right
7& Step forward left, pivot ½ turn right (end weight right)
8& Step forward left, pivot ¾ turn right (end weight right)

CROSS, BACK, STEP SIDE, CROSS, BACK, ¼ TURN RIGHT, FORWARD, ¾ SWEEP RIGHT BEHIND, SIDE, CROSS, BACK, TOGETHER

1-2& Step left over right, replace weight right, step left to side
3-4& Step right over left, replace weight left, ¼ turn right step right forward
5& Step left forward, sweep right ¾ turn right to side (end facing 12:00 weight on left)
6& Step right behind left, step left to side
7-8& Step right over left, replace weight left, step right next to left

LEFT FORWARD, RIGHT FORWARD, LEFT FORWARD, PIVOT ½ TURN RIGHT, LEFT FORWARD, RIGHT FORWARD PIVOT ½ TURN LEFT, RIGHT FORWARD, SIDE, ½ HINGE LEFT

1-2 Walk left forward, walk right forward
3&4 Step left forward, pivot ½ turn right stepping on to right, step left forward
5&6 Step right forward, pivot ½ turn left stepping on to left, step right forward
7-8 Step left to side, transfer weight to right and ½ hinge left (end weight on right)

REPEAT

RESTART

On wall 2, dance to count 16 and restart dance at 6:00

TAG

On wall 4, dance to count 11 (first sweep) replace second sweep by crossing left foot in front of right foot and unwinding ¾ turn right and restart dance at 12:00

RESTART

On wall 6, dance to count 16 and restart dance at 6:00

TAG

On wall 8, dance to count 4 then on & count $\frac{1}{2}$ hinge left stepping on right foot and restart dance at 6:00

RESTART

On wall 10, dance to count 16 and restart dance at 12:00

ENDING

On wall 12, to end the dance, dance to count 15& (first pivot) then $\frac{1}{4}$ turn with left and drag right to left
