

Tell Me!

拍數: 32 牆數: 0 級數:
編舞者: Zandra Varnham (SCO)
音樂: Tell Me How You Feel - Joy Enriquez



POINT SWITCHES TWICE POINT HITCH POINT, KICK AND CROSS

1 Point right toe to right side
& Bring back to place
2 Point left toe to left side
& Bring back to place
3 Point right toe to right side
& Hitch right knee across left
4 Point right toe to right side (keep weight on left)
5 Kick right foot out
& Step down on right foot
6 Cross left foot over right
7&8 Bounce three times turning ½ turn over right shoulder

STEP, TOUCH, STEP TOUCH, SHUFFLE, STEP ½ TURN

1 Step forward on right
2 Touch left toe behind right
3 Step back on left foot
4 Touch right toe next to left
5&6 Step forward right, step left next to right, step forward right
7&8 Step forward on left foot, ¼ turn right stepping right to right side, ¼ turn right stepping left forward

POINT SWITCHES X4, TWISTS, COASTER STEP

1 Point right toe to right side
& Bring back to place and take the weight
2 Point left toe forward
& Bring back to place
3 Point right toe forward
& Bring back to place
4 Point left toe to left side
5&6 Twist heels ¼ turn to left, twisting right, left, right (weight on right foot)
7&8 Step back on left, step right next to left, step forward on left foot

MONTEREY ROCK AND CROSS, KICK AND CROSS, HIPS, HIPS

1 Point right toe to right side
2 Sweep right toe round while ½ turning right, stepping right next to left
3&4 Step left to left side, step down on right, cross left over right
5 Kick right toe to right diagonal forward
&6 Step down on right foot, cross step left foot over right foot
7 Step down on right foot - bumping hips to right side
8 Step down on left foot bumping hips to left side

REPEAT