

I'll Tell You What

拍數: 32 牆數: 2 級數:
編舞者: Scott Blevins (USA)
音樂: I'll Tell You What - Rick Tippe



SHUFFLE FORWARD, STEP, ½ TURN RIGHT, TOUCH, LEFT, RIGHT, CROSS, ¼ SWEEP LEFT

- 1&2 Shuffle forward left, right, left
3&4 Step forward on right foot; turn ½ turn in place to right on right foot; touch left toe forward for balance (weight remains on right foot)
&5-6 Rock (step) left foot to left side; shift weight to right foot; cross (step) left foot in front of right foot
7-8 Make a ¼ turn left on left foot while sweeping right foot (weight remains on left foot) with the movement of the turn

SHUFFLE FORWARD, STEP, PIVOT ½ RIGHT, ½ TURN RIGHT, SAILOR, POINT

- 1&2 Shuffle forward right, left, right
3-4 Step forward on left foot; pivot ½ turn to right, taking weight onto right foot
5 Turn ½ turn right on right foot, drawing left foot next to right foot and taking weight on to left foot
6&7-8 Right lead sailor shuffle; point left foot across and in front of right foot

SAILOR, SAILOR ¼ TURN RIGHT, ROCK, STEP, ROLLING TRIPLE

- 1&2 Left lead sailor shuffle
3&4 Right lead sailor shuffle, making ¼ turn to right on count 4
5-6 Rock (step) forward on left foot; shift weight back to right foot
7&8 Make a ½ turn left on right foot stepping forward on left foot, make a ¾ turn left on left foot, taking weight on to right foot, step left foot to left side

Counts 7&8 complete 1 ¼ rolling turn to the left

KICK, CROSS, POINT, TOGETHER, POINT, ½ TURN, ROCK, STEP, ¼ SIT, UP, BACK, HOLD

- 1&2 Kick right foot forward; step right foot across and in front of left foot; point left foot to left side
&3-4 Step left foot next to right foot; point right foot to right side; make ½ turn right on left foot, bringing right foot next to left (monterey turn)
5&6 Rock (step) left foot to left side; recover (shift) weight onto right foot: keeping weight on right foot, make ¼ turn to left bending right knee so that you are in a sitting position with left foot pointed forward
&7-8 Keeping weight on right foot, push hips forward while straightening right leg, push hips back; hold position

REPEAT