

# Spill The Beans

拍數: 48                      牆數: 4                      級數: Intermediate  
編舞者: Michele Perron (CAN) - November 2010  
音樂: I Heard It Through the Grapevine - Craig David : (Album: Signed, Sealed,  
Delivered)



Introduction: 32 Counts - CCW Rotation,

## Sec. I (1- 8) SIDE, BEHIND, &-ACROSS-TOUCH, &-ACROSS-TOUCH, L SCISSOR

1,2                      LEFT Step side L; RIGHT Step crossed behind L  
&,3,4                      LEFT Step side L; RIGHT Step across front of L; LEFT Toe/Touch beside R (L knee 'tucked in')  
&,5,6                      LEFT Step back diagonal L; RIGHT Step across front of L; LEFT Toe/Touch beside R (L knee 'tucked in')  
7&8                      LEFT Step side L; RIGHT Step beside L; LEFT Step across front of R (L Scissor)

## Sec. II (9-16) TURN, BACK, TRIPLE BACK, &-TOUCH-FORWARD, TURN-BACK-TOUCH

1,2                      Turn 1/4 L with RIGHT Step back & crossed behind L; LEFT Step back (9 o'clock)  
3&4                      RIGHT 'Locking' Triple back (R back, L back & across front of R, R back)  
&,5,6                      LEFT Step back; RIGHT Toe/Touch in front of L; RIGHT Step forward  
7&8                      Turn 1/2 R with LEFT Step back; RIGHT Step back; LEFT Toe/Touch in front of R (3 o'clock)

## Sec.III (17-24) FORWARD, FORWARD, FORWARD-&-BACK, &-TOUCH-HOLD: REPEAT

1,2                      LEFT Step forward; RIGHT Step forward  
3&4                      LEFT Rock/Step forward, RIGHT Recover/Step back, LEFT Step back  
&,5,6                      RIGHT Step back; LEFT Toe/Touch side L; HOLD  
&,7,8                      LEFT Step beside R; RIGHT Toe/Touch R; HOLD

## Sec.IV (25-32) &-TURN-FORWARD, BACK, TURN, ACROSS, SIDE, BEHIND, TURN

&,1,2                      RIGHT Step beside L; Turn 1/4 L with LEFT Step forward; RIGHT Rock/Step forward (12 o'clock)  
3,4                      LEFT Recover/Step back; Turn 1/4 R with RIGHT Step side R (3 o'clock)  
5,6                      LEFT Step across front of R; RIGHT Step side R  
7,8                      LEFT Step crossed behind R; Turn 1/4 R with RIGHT Step forward (6 o'clock)

## Sec.V (33-40) KICK-&-TOUCH, KICK-&-TOUCH, PRESS, SLIDE, HOLD, HEEL DROP/POP UP

1&2                      LEFT Kick forward, LEFT Step back diagonal L, RIGHT Toe/Touch beside L (face diagonal L)  
3&4                      RIGHT Kick forward, RIGHT Step back diagonal R, LEFT Toe/Touch beside R (face diagonal R)  
5,6                      LEFT Toe/Ball Press forward diagonal L [face 6 o'clock] ; LEFT Slide/Drag to R  
7,8                      HOLD; LEFT Drop Heel / RIGHT Heel 'pop up' (R heel lifts up, R toe/ball remains on floor, R knee 'tucked in')

Option: Execute a two count 'slow' LEFT Slide/Drag (6,7) eliminate the 'HOLD'

## Sec.VI (41-48) FORWARD, FORWARD, FORWARD-&-BACK, &-TOUCH-HOLD, TURN-TOUCH-HOLD

1,2                      RIGHT Step forward, LEFT Step forward  
3&4                      RIGHT Rock/Step forward, LEFT Recover/Step back, RIGHT Step back  
&,5,6                      LEFT Step beside R, RIGHT Toe/Touch side R, HOLD  
&,7,8                      Turn 1/4 R with RIGHT Step beside L, LEFT Toe/Touch side L, HOLD (9 o'clock)

Begin Again

Ending: You will end facing front wall on last count of Sec VI.

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