

# Listen To Me

拍數: 32      牆數: 4      級數: Improver  
編舞者: Nicky Tan (MY) - March 2014  
音樂: Stompa - Serena Ryder



Dance starts at lyrics "People..."

## Section 1

1&      Step RF diagonally forward, Touch LF beside RF,  
2&      Step LF diagonally forward, Touch RF beside LF  
3&      Step LF diagonally back, Step LF together  
4&      Step LF diagonally back, Touch LF beside RF  
5&6&      Kick LF forward, Step on LF, Rock RF back, Recover on LF  
7&8&      Kick RF forward, Step on RF, Rock LF back, Recover on RF (12:00)  
(Easier Option : )  
5,6      Step LF to side, Touch RF behind LF  
7,8      Step RF to side, Touch LF behind RF

## Section 2

1&2&      Turn 1/4 Right & Swivel both heels to R, L, R, L (3:00)  
**(Hands Movement : Slap the side of your hips and Clap hands alternately)**  
3&4&      Bounce on heels of both feet gently  
**(Hands Movement : Push both arms forward moving from left to right)**  
5&6&      Touch right heel forward, Step RF beside LF, Touch left heel forward, Step LF beside RF  
7&      Touch right heel forward, Hitch right knee,  
8&      Repeat 7& (3:00)

## Section 3

1,2      Step RF to side, Step LF behind RF  
&3      Turn 1/4 Right & RF forward, Step LF forward (6:00)  
&4      Do a heel splits ~ Push both heels out to side then together again  
5&6      Forward Shuffle LF, RF, LF  
7&8&      Step RF to side & Push Shoulder out to side R,L,R,L (6:00)

## Section 4

1&2      Side Chasse to Right on RF, LF, RF  
3&4      Turn 1/4 L & do a side chasse to Left on LF, RF, LF (3:00)  
5&6&      Rocking Chair ~ Rock RF forward, Recover on LF, Rock RF back, Recover on LF  
7&8&      Toe Struts - Touch RF forward, Step RF in place, Touch RF forward, Step LF in place (3:00)

**Restarts : At Wall 2 (3:00) and Wall 6 (3:00), dance for 16 counts and restart (6:00)**

**Tag : At the beginning of Wall 5 (12:00), do a 8 counts tag before starting dance (12:00)**

1-4      R Hip Bump four times  
5&6      Rock RF over LF, Recover on LF, Step RF to side  
7&8      Rock LF over RF, Recover on RF, Step LF to side

Contact: [nickyty@gmail.com](mailto:nickyty@gmail.com)