|  |  |
| --- | --- |
| Spill The Beans |  |

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| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 48 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Michele Perron (CAN) - November 2010 | | | | |
| **Music:** | 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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