

Tell Me

COPPER KNOB
BY STEPSHEETS

拍数: 64 墙数: 3 级数: Intermediate / Advanced
编舞者: Niels Poulsen (DK)
音乐: Tell Me (feat. Christina Aguilera) - Diddy



Intro: 32 counts from first beat (31 seconds into music). Start after P. Diddy has rapped 'yeah, yeah, yeah'

WALK FORWARD RIGHT LEFT, RIGHT KICK BALL SIDE STEP, SHOULDER PUSHES, SAILOR ¼ TURN LEFT

- 1-2 Walk forward right, walk forward left (alternative and harder steps: walk forward right (1), scoot forward on right hitching left knee (&), step forward left (2)) 12:00
- 3&4 Kick right forward, step right next to left, step left to left side pushing shoulders to left side (weight left)
- 5&6 Push shoulders right left right hitching left knee on the last right side shoulder push (weight right)
- 7&8 Cross left behind right, turn ¼ left stepping right to right side, step forward left 09:00

BOUNCY ONE-LEGGED TRIPLE ½ TURN LEFT, RIGHT CHASSÉ JUMP KICK, LEFT SAILOR STEP, KNEE POPS, TOUCH

- 1&2 Turn ¼ left on left foot slightly bending left knee and hitching right knee, straighten your left leg and lower right knee slightly, turn ¼ left on left foot slightly bending left knee and hitching right knee 03:00
- 3&4 Step right to right side, step left next to right, jump to right side on right foot kicking left to left side
- 5&6 Cross left behind right, step right to right side, step left to left side
- &7&8& Pop right knee towards left rotating left upper body forward and right back, step onto right returning upper body and right knee to neutral, pop left knee towards right rotating right upper body forward and left back, step onto left returning upper body and left knee to neutral, touch right next to left

TAP TAP JUMP, RIGHT COASTER STEP, & TOUCH HITCH DOWN, & TOUCH HITCH DOWN

- 1&2 Tap right slightly to right side, tap right slightly further out, push off left foot jumping out to right side landing on both feet but weight on left!
- 3&4 Step back on right, step left next to right, step forward on right
- &5&6 Hitch left knee, touch left forward, hitch left knee, step forward on left
- &7&8 Hitch right knee, touch right forward, hitch right knee, step forward on right

LEFT ROCKING CHAIR WITH ¼ TURN LEFT, CROSS POINTS, & CROSS, TURN ¼ RIGHT TWICE, & POINT LEFT

- 1&2& Rock forward on left, recover back on right, rock back on left, recover on right
- 3&4 Rock forward on left, recover back on right, turn ¼ left stepping left to left side 12:00
- &5&6 Cross point right over left, step right to right side, cross point left over right, step left to left side
- &7&8 Cross right over left, turn ¼ right stepping back on left, turn ¼ right stepping right to right side, point left to left side slightly bending right knee (thus lowering your body towards floor) 06:00

On 3rd wall there is a micro tag & restart here: add an & count stepping left next to right and restart the dance (facing 12:00)

SQUAT DOWN AND LEAN TO LEFT, RIGHT CHASSÉ WITH LEFT HITCH, LEFT AND RIGHT SAILOR STEPS, TOUCH BACK

- 1-2 Lower body to center and squat down on left placing both hands on thighs, take hands off thighs raising body and lean towards left cross hitching right over left

3&4 Step right to right side, step left next to right, step right to right side hitching left knee
5&6 Cross left behind right, step right to right side, step left to left side
&7&8 Cross right behind left, step left to left side, step right to right side, touch left back

SWIVEL ½ TURN LEFT WITH LEFT HITCH, LEFT COASTER STEP, KICK & ROCK &, CROSS TAP TAP

1&2 Swivel both heels ¼ right turning ¼ turn over your left shoulder, swivel heels slightly to left side turning 1/8 right, swivel heels 3/8 right turning 3/8 turn left (as you turn 3/8 left you hitch your left knee) weight is on right foot throughout the swivels 12:00
3&4 Step back on left, step right next to left, step forward on left
5&6& Kick right forward, step right next to left, rock left to left side, recover weight to right
7&8 Cross left over right, tap right slightly to right side, tap right slightly further out (weight on right)

LEFT LEAN, PUSH WITH ¼ LEFT HEEL, LEFT COASTER, 4 FUNKY DIAGONAL JUMPS FORWARD, RIGHT ROCKING CHAIR

1-2 Lean left, push off left foot turning ¼ left recovering on right dragging left heel towards you 09:00
3&4 Step back on left, step right next to left, step forward on left
5&6& Jump diagonally forward right on both feet, jump diagonally forward left on both feet, jump diagonally forward right on both feet, jump diagonally forward left on both feet (weight now on left)

Styling: both arms over shoulder level throughout the jumping

Alternative steps: walk forward right, walk forward left (9:00)

7&8& Rock forward on right, recover back to left, rock back on right, recover weight on left

STEP ½ TURN LEFT, ¼ LEFT TURN CHASSÉ (SWEEP KICK), SAILOR ½ LEFT, MAMBO ¼ RIGHT &

1-2 Step forward right, turn ½ turn left (weight left) (3:00)
3&4 Turn ¼ left stepping right to right side, step left next to right, as you step right to right side sweep kick left out starting to turn over your left shoulder 12:00
5&6 Cross left behind right turning ½ left, step right to right side, step left forward 06:00
7&8& Rock right forward, recover back to left, turn ¼ turn right stepping right to right side, step left next to right (weight left) 09:00

REPEAT

ENDING

On count 64 of wall 6 you don't turn ¼ right to face 3:00. Just do a syncopated rocking chair on counts 63&64& to end facing 12:00. Then, on count 1 you step forward on right coming to a stop, but leaning your upper body forward in 5 small robotic movements to match the beat of the fading music

TAG

On 3rd wall after 32 counts: add an & count stepping left next to right - restart, facing 12:00
