

Tell Me!

拍数: 32 墙数: 0 级数:
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音乐: Tell Me How You Feel - Joy Enriquez



POINT SWITCHES TWICE POINT HITCH POINT, KICK AND CROSS

- 1 Point right toe to right side
- & Bring back to place
- 2 Point left toe to left side
- & Bring back to place
- 3 Point right toe to right side
- & Hitch right knee across left
- 4 Point right toe to right side (keep weight on left)
- 5 Kick right foot out
- & Step down on right foot
- 6 Cross left foot over right
- 7&8 Bounce three times turning $\frac{1}{2}$ turn over right shoulder

STEP, TOUCH, STEP TOUCH, SHUFFLE, STEP $\frac{1}{2}$ TURN

- 1 Step forward on right
- 2 Touch left toe behind right
- 3 Step back on left foot
- 4 Touch right toe next to left
- 5&6 Step forward right, step left next to right, step forward right
- 7&8 Step forward on left foot, $\frac{1}{4}$ turn right stepping right to right side, $\frac{1}{4}$ turn right stepping left forward

POINT SWITCHES X4, TWISTS, COASTER STEP

- 1 Point right toe to right side
- & Bring back to place and take the weight
- 2 Point left toe forward
- & Bring back to place
- 3 Point right toe forward
- & Bring back to place
- 4 Point left toe to left side
- 5&6 Twist heels $\frac{1}{4}$ turn to left, twisting right, left, right (weight on right foot)
- 7&8 Step back on left, step right next to left, step forward on left foot

MONTEREY ROCK AND CROSS, KICK AND CROSS, HIPS, HIPS

- 1 Point right toe to right side
- 2 Sweep right toe round while $\frac{1}{2}$ turning right, stepping right next to left
- 3&4 Step left to left side, step down on right, cross left over right
- 5 Kick right toe to right diagonal forward
- &6 Step down on right foot, cross step left foot over right foot
- 7 Step down on right foot - bumping hips to right side
- 8 Step down on left foot bumping hips to left side

REPEAT