

Tell Me

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Intermediate/Advanced
编舞者: Niels Poulsen (DK) - March 2007
音乐: Tell Me - P. Diddy & Christina Aguilera



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

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TAG RESTART: On 3rd wall after 32 counts: add an & count stepping L next to R - RESTART, facing 12:00

- 1 ? 8 Walk fw R L, R kick ball side step, Shoulder pushes, Sailor ¼ turn L**
1 ? 2 Walk forward R, walk fw L (Alternative and harder steps: walk fw R (1), scoot fw on R hitching L knee (&), step fw L (2))
3 & 4 kick R fw, step R next to L, step L to L side pushing shoulders to L side (weight L)
5 & 6 push shoulders R L R hitching L knee on the last R side shoulder push (weight R)
7 & 8 cross L behind R, turn ¼ L stepping R to R side, step fw L
- 9 ? 16 Bouncy one-legged triple ½ turn L, R chassé jump kick, L sailor step, Knee pops, Touch**
1 & 2 Turn ¼ L on L foot slightly bending L knee and hitching R knee, straighten your L leg and lower R knee slightly, turn ¼ L on L foot slightly bending L knee and hitching R knee
3 & 4 step R to R side, step L next to R, jump to R side on R foot kicking L to L side
5 & 6 cross L behind R, step R to R side, step L to L side
&7 &8 & pop R knee towards L rotating L upper body fw and R back, step onto R returning upper body and R knee to neutral, pop L knee towards R rotating R upper body fw and L back, step onto L returning upper body and L knee to neutral, touch R next to L
- 17 ? 24 Tap tap jump, R coaster step, & Touch hitch down, & Touch hitch down**
1 & 2 Tap R slightly to R side, tap R slightly further out, push off L foot jumping out to R side landing on both feet but weight on L!
3 & 4 step back on R, step L next to R, step fw on R
& 5 & 6 hitch L knee, touch L fw, hitch L knee, step fw on L
& 7 & 8 hitch R knee, touch R fw, hitch R knee, step fw on R
- 25 ? 32 L rocking chair with ¼ turn L, Cross points, & Cross, Turn ¼ R X 2, & Point L**
1 & 2 & Rock fw on L, recover back on R, rock back on L, recover on R
3 & 4 rock fw on L, recover back on R, turn ¼ L stepping L to L side
& 5 & 6 cross point R over L, step R to R side, cross point L over R, step L to L side
& 7 & 8 cross R over L, turn ¼ R stepping back on L, turn ¼ R stepping R to R side, point L to L side slightly bending R knee (thus lowering your body towards floor)
- * On 3rd wall there is a micro TAG RESTART here: ADD an & count stepping L next to R and restart the dance (facing 12 o'clock)**
- 33 ? 40 Squat down and lean to L, R chassé with L hitch, L and R Sailor steps, Touch back**
1 ? 2 Lower body to centre and squat down on L placing both hands on thighs, take hands off thighs raising body and lean towards L cross hitching R over L
3 & 4 step R to R side, step L next to R, step R to R side hitching L knee
5 & 6 cross L behind R, step R to R side, step L to L side
&7& 8 cross R behind L, step L to L side, step R to R side, touch L back
- 41 ? 48 Swivel ½ turn L with L hitch, L coaster step, Kick & rock &, Cross tap tap**
1 & 2 Swivel both heels 1/4 R turning 1/4 turn over your L shoulder, swivel heels slightly to L side turning 1/8 R, swivel heels 3/8 R turning 3/8 turn L (as you turn 3/8 L you hitch your L knee)
Weight is on R foot throughout the swivels
3 & 4 step back on L, step R next to L, step forward on L
5 & 6 & kick R fw, step R next to L, rock L to L side, recover weight to R
7 & 8 cross L over R, tap R slightly to R side, tap R slightly further out (weight on R)

49 ? 56 **L lean, Push with 1/4 L heel, L coaster, 4 funky diagonal jumps fw, R rocking chair**
1 ? 2 Lean L, push off L foot turning ¼ L recovering on R dragging L heel towards you
3 & 4 step back on L, step R next to L, step fw on L
5& 6& Jump diagonally fw R on both feet, jump diagonally fw L on both feet, jump diagonally fw R on both feet, jump diagonally fw L on both feet (weight now on L). Styling: both arms over shoulder level throughout the jumping?
 (Alternative steps: Walk fw R (5), walk fw L (6))
7 & 8 & rock fw on R, recover back to L, rock back on R, recover weight on L

57 ? 64 **Step ½ turn L, 1/4 L turn chassé (sweep kick), Sailor ½ L, Mambo 1/4 R &**
1 ? 2 Step fw R, turn ½ turn L (weight L)
3 & 4 turn 1/4 L stepping R to R side, step L next to R, as you step R to R side sweep kick L out starting to turn over your L shoulder
5 & 6 cross L behind R turning ½ L, step R to R side, step L fw
7 & 8 & rock R fw, recover back to L, turn 1/4 turn R stepping R to R side, step L next to R (weight L)

BEGIN AGAIN! And? GO FUNKY!!!

ENDING: On count 64 of wall 6 you don't turn 1/4 R to face 3 o'clock. Just do a syncopated rocking chair on counts 63&64& to end facing 12 o'clock. Then, on count 1 you step fw on R coming to a stop, but leaning your upper body forward in 5 small robotic movements to match the beat of the fading music!!! Be creative...

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