Tell Me What You Got



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音乐: Now That We Found Love - Heavy D & The Boyz



Dance A,B,B,A,B,B,A,B,B,A,A,B,B

Start dance at vocals

Part A 32 counts

Section 1

WALK x 2, SHUFFLE DIAG RIGHT FW, MAMBO ROCK FW, STEPS

1-2 Walk forward right-left (12 o clock)

Step diag right, step left beside right, step right forward (01:30 o clock)
Rock left forward, recover onto right, step back on left (01:30 o clock)
Step down right turning straight up (12 o clock) step down on left.

Section 2

WALK DIAG. x 2, SHUFFLE LEFT FW, MAMBO ROCK FW, STEPS

1-2 Walk diag. forward right-left (10:30 o clock)

Step diag right, step left beside right, step right forward (10:30 o clock)
Rock left forward, recover onto right, step back on left (10:30 o clock)
Step down right turning straight up (12 o clock) step down on left.

Section 3

TOUCH STEP BACK, COASTER STEP, ½ STEP TURN LEFT, TOUCH STEP BACK, STEP.

1-2 Touch right forward, step right back.

3&4 Step left back, step right next to left, step left forward.

5-6 Step forward on right, turn ½ stepping forward on left. (6 o clock)

7&8 Touch right forward, step right back, step down on left.

Section 4

TOUCH STEP BACK, 1/4 SAILOR TURN LEFT, TOUCH STEP BACK, COASTER STEP

1-2 Touch right forward, step right back.

Turn ¼ stepping left behind right (with a small sweep) step right next to left, step down on

left. (3 o clock)

5-6 Touch right forward, step right back

7&8 Step left back, step right next to left, step right forward.

PART B 32 counts

Section 1

SIDE, TOGETHER, SIDE, KICK, SIDE TOGETHER SIDE, TURN 1/4, STEP.

Step right to right side, step left next to right. Step right to right side, kick left forward.
 Step left to left side, step right next to left. Turn ¼ left, step down on right. (12 o clock)

Section 2

SWIVELS RIGHT, HITCH, STEP, SWIVELS LEFT, HITCH (Moving sideways)

Turn both heels right, turn both toes to left, turn both heels right, lift up left foot.
Step down on left. Turn both heels left, turn both toes to right, turn, lift up right foot.

Section 3

TURN 1/4 LEFT, HITCH, POINT FW, STEP, SWIVELS ON SPOT.

1-4 Turn ¼ left stepping down on right, lift up left leg, point left forward, step down right beside

left. (9 o clock)

5-8 Swivel both toes together, swivel both heels in cross, swivel both toes together, put both feet straight up.

Section 4

VINE WITH HEEL, STEP, SKATES FW

1-4 Step left to left, step right behind left, step left to left, put down right heel.

5-8 Step down the rest of right foot, skate left, right, left on the spot.