Tell Me How



拍數: 32 編數: 2 級數: Advanced

編舞者: Anita Bath

音樂: How Am I Supposed to Live Without You - Michael Bolton



STEP, DRAG, COASTER BACK, SWEEP IN FRONT, SIDE, BEHIND, ¼ TURN RIGHT FORWARD, PIVOT ½ TURN RIGHT, FORWARD, ½ TURN LEFT

1&	Step left to side, drag right to left
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Step right back, step left next to right, step right forward
 Sweep left in front of right, step left down across right

&5 Step right to side, step left behind right

4 turn right step right forward, step left forward
Pivot ½ turn right (end weight right), walk left forward

8 Turn ½ left step right back

LEFT COASTER BACK, SWEEP IN FRONT, SWEEP IN FRONT, ROCK FORWARD, ROCK BACK, ½ TURN RIGHT FORWARD, PIVOT ½ TURN RIGHT, FORWARD, PIVOT ¾ TURN RIGHT

Step left back, step right beside left, step left forward
Sweep right forward in front of left step down right
Sweep left forward in front of right step down left

5-6& Step forward right, replace weight left, ½ turn right stepping forward on right

7& Step forward left, pivot ½ turn right (end weight right) 8& Step forward left, pivot ¾ turn right (end weight right)

CROSS, BACK, STEP SIDE, CROSS, BACK, ¼ TURN RIGHT, FORWARD, ¾ SWEEP RIGHT BEHIND, SIDE, CROSS, BACK, TOGETHER

1-2& Step left over right, replace weight right, step left to side

3-4& Step right over left, replace weight left, ¼ turn right step right forward

5& Step left forward, sweep right ¾ turn right to side (end facing 12:00 weight on left)

6& Step right behind left, step left to side

7-8& Step right over left, replace weight left, step right next to left

LEFT FORWARD, RIGHT FORWARD, LEFT FORWARD, PIVOT ½ TURN RIGHT, LEFT FORWARD, RIGHT FORWARD PIVOT ½ TURN LEFT, RIGHT FORWARD, SIDE, ½ HINGE LEFT

1-2 Walk left forward, walk right forward

Step left forward, pivot ½ turn right stepping on to right, step left forward
 Step right forward, pivot ½ turn left stepping on to left, step right forward
 Step left to side, transfer weight to right and ½ hinge left (end weight on right)

REPEAT

RESTART

On wall 2, dance to count 16 and restart dance at 6:00

TAG

On wall 4, dance to count 11 (first sweep) replace second sweep by crossing left foot in front of right foot and unwinding ¾ turn right and restart dance at 12:00

RESTART

On wall 6, dance to count 16 and restart dance at 6:00

TAG

On wall 8, dance to count 4 then on & count ½ hinge left stepping on right foot and restart dance at 6:00

RESTART

On wall 10, dance to count 16 and restart dance at 12:00

ENDING

On wall 12, to end the dance, dance to count 15& (first pivot) then 1/4 turn with left and drag right to left