Dimelo (Tell Me) (I Need To Know)



拍數: 32 編數: 2 級數: Intermediate

編舞者: Chris Kumre (USA)

音樂: I Need to Know - Marc Anthony



POINT, & POINT, & KNEES, 1/4 TURN KNEE ROLL. HOLD, SIDE, & FORWARD, SIDE, & FORWARD

side

&3-4 Quickly bring left next to right pushing knees right, roll both knees left making ¼ turn left, hold

5&6 Step right to right side, step left in place, step right slightly forward 7&8 Step left to left side, step right in place, step left slightly forward

ROCK FORWARD, ROCK BACK, SHUFFLE BACK, 1/4 TURN, SLIDE, 1/4 TURN, SLIDE

1-2	Rock right forward,	rock back on left

3&4 Step right back, cross left in front of right, step right back

5-8 Step left back into ¼ turn left, slide right towards left (you can touch right next to left), step

right forward into ¼ turn left, slide left towards right(you can touch left next to right)

SAILOR SHUFFLE WITH 1/4 TURN. SAILOR SHUFFLE WITH 1/4 TURN, SHUFFLE LEFT, SHUFFLE RIGHT

1&2	Step left behind right, step right slightly right while making ¼ turn right, step left slightly to left

side

3&4 Step right behind left, step left slightly to left side, step right slightly to right side making 1/4

turn right

5&6 Step left forward, bring right up behind left, step left forward (optional: shimmies forward)
7&8 Step right forward, bring left up behind right, step right forward (optional: shimmies forward)

& STEP, CROSS, STEP, & 1/4 STEP, CROSS, STEP, CROSS, UNWIND 1/2 TURN, HIP ROLL

&1&2	Quickly pus	h off right foot, step	left out to left side, cross	right over left, step left out to left

side

&3&4 Quickly push off left foot, step right out to right side while making ¼ turn right, cross left over

right, step right out to right side

5-6 Cross left over right, unwind ½ turn right (weight is on left)
7-8 Roll hips right, then left (option : you can double time hip rolls)

REPEAT