Tell It Like It Is (有話直說) (zh)

Count: 32 **Wall:** 2 **Level:** Advanced
Choreographer: Malene Jakobsen (DK) - 2010年09月
Music: Tell It Like It Is - John Wesley Ryles

前奏： Intro: 2 counts, app. 4 sec. into track - dance begins with weight on L 2拍(約4秒)開始起跳

第一段 Rock, Ball, Back Rock, ½, ¼, ½, Ball Step With Hitch, Shuffle Back, Back With Sweep
下沉 回, 併, 後下沉 回, 1/2, 1/4, 踏 轉, 併 踏帶抬, 後交換, 後帶繞

1-2 (1) Rock forward on R, (2) recover onto L 12.00
右足前下沉, 左足回復(面向12點鐘)

a3-4 (a) Step R next to L, (3) rock back on L (4) recover onto R
右足併踏, 左足後下沉, 右足回復

&a (&) Turn ½ R stepping back on L, (a) turn ¼ R stepping forward on R 9.00 右轉180度左足後踏, 右轉90度右足前踏(面向9點鐘)

5-6 (5) Step forward on L, (6) turn ½ R 3.00
左足前踏, 右轉180度(面向3點鐘)

a7 (a) step L next to R, (7) step forward on R hitching L
左足併踏, 右足前踏左足抬

8&a (8) Step back on L, (&) step R next to L, (a) step back on L
左足後踏, 右足併踏, 左足後踏

1 (1) step back on R sweeping L from front to back
右足後踏左足由前繞至後

第二段 Back With Sweep, Back Rock, Run Forward, ¼ Point, Cross, Side, Back Rock, Side Rock, Cross
後帶繞, 後下沉 回, 跑三次, 1/4點, 交叉, 右, 後下沉 回, 左下沉 回, 交叉

2 (2) Step back on L sweeping R from front to back
左足後踏右足由前繞至後

a3 Rock back on R, (3) recover onto L 右足後下沉, 左足回復

4&a (4&a) Run forward R, L, R 前跑-右, 左, 右

5 (5) On ball of R make ¼ turn R pointing L to L side 6.00
右轉90度左足左點(面向6點鐘)

6a (6) Cross L over R, (a) step R to R side
左足於右足前交叉踏, 右足右踏

7-8 (7) Rock back on L, (8) recover onto R 左足後下沉, 右足回復

&a1 (&) Rock L to L side, (a) recover onto R, (1) cross L over R
左足左下沉, 右足回復, 左足於右足前交叉下沉

第三段 Recover, Side, Cross Rock, Side, Step, Touch, ¾, Ball, Touch, Full Turn, Mambo 回復, 左, 交叉下
沉 回復, 右, 踏, 點, 3/4, 踏, 點, 轉圈, 前曼波

2a (2) Recover onto R, (a) step L to L side, 右足回復, 左足左踏

3-4 (3) Cross R over L, (4) recover onto L
右足於左足前交叉下沉, 左足回復

&a (&) Step R to R side, (a) step forward on L 右足右踏, 左足前踏

5-6 (5) Touch R behind L, (6) make ¾ turn R putting weight on R 3.00
右足於左足後點, 右轉270度重心在右足(面向3點鐘)

a7-8 (a) Step slightly forward on L , (7) touch R behind L, (8) make full turn R putting weight on R
左足略前踏, 右足於左足後點, 右轉圈結束重心在右足

&a1	(&) Rock forward on L, (a) recover onto R, (1) step back on L 左足前下沉, 右足回復, 左足後踏
第四段	**Recover, Ball, Side Rock, Cross, Side, Behind, Side, Cross, ¼, Step, ½, Full Turn** **回, 併, 右下沉 回, 交叉, 左, 後, 旁, 前, 1/4, 踏, 轉, 轉, 轉**
2	(2) Recover onto R 右足回復
a3-4	(a) Step L next to R, (3) rock R to R side, (4) recover onto L 左足併踏, 右足右下沉, 左足回復
&a5	(&) Cross R over L, (a) step L to L side, (5) cross R behind L 右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏
a6	(a) Step L to L side, (6) cross R over L 左足左踏, 右足於左足前交叉踏
a7	(a) Turn ¼ L stepping forward on L, (7) step forward on R 12.00 左轉90度左足前踏, 右足前踏(面向12點鐘)
8	(8) Turn ½ L – weight on L 6.00 左轉180度重心在左足(面向6點鐘)
&a	(&) Turn ½ L stepping back on R, (a) turn ½ L stepping forward on L 6.00 左轉180度右足後踏, 左轉180度左足前踏(面向6點鐘)
