



# Tell Me Bout It

Choreographed by Rachael McEnaney (April 2007)  
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**Description:** 32 Counts, 2 Walls, Intermediate/Advanced  
**Music:** Tell Me Bout It – Joss Stone Album: Introducing Joss Stone  
**Count In:** 32 counts from start of track, begin on vocals  
**Alternate Music:** practise slower track: Just My Imagination – Gwyneth Paltrow and Babyface  
**Notes:** This is a smooth west coast style dance with lots of footwork, try and push through feet when taking each step to give impression of gliding

Section	Footwork	End Facing
Counts 1 – 8	<b>¼ Left sailor step, ball cross, ¼ right, ¼ right with rock step, cross, ball, side close.</b>	12.00
1 & 2	Cross left behind right making ¼ turn left (1), step right next to left (&), cross left slightly over right (2)	9.00
& 3, 4	Step right to right side (&), cross left over right (3), make ¼ turn right stepping forward on right (4)	12.00
& 5, 6	Make ¼ turn right rocking left to left side (&), recover weight onto right (5), cross left over right (6)	3.00
& 7, 8	Step right next to left (&), (push down into right foot) step left to left side (7), step right next to left (8)	3.00
9 - 16	<b>Walk left right, step ½ pivot turn, ½ turn left, ¼ turn left, ¼ turn right, ½ turn right</b>	
1 - 2	Step forward on left (1), step forward on right (2)	3.00
3 & 4	Step forward on left (3), pivot ½ turn right (weight on right) (&), step forward on left (4)	9.00
5 - 6	Make ½ turn left stepping back on right (5), make ¼ turn left rocking left out to left side (6)	12.00
7 - 8	Make ¼ turn right recovering weight onto right (7), make ½ turn right stepping back on left (8)	9.00
(note)	<i>When teaching the above section I would suggest including the next &amp;1 count in section below to make it flow</i>	
17 - 24	<b>¼ turn right with ball cross, diagonal step, forward rock &amp; cross, walks with turn, sailor with ¼ turn</b>	
& 1, 2	Make ¼ turn right stepping right to right side (&), cross left over right (1), step right towards right diagonal (2)	12.00
3 & 4	<i>(still facing diagonal)</i> Rock forward on left (3), recover weight onto right (&), cross left over right (4)	Diagonal
5 - 6	Make 3/8 turn right stepping forward on right (5) (facing back), make ¼ turn right stepping left to left side (6)	9.00
(style)	<i>Try and make counts 5 and 6 more of a casual walk (with purpose) rather than trying to think about the direction and the turns.</i>	
7 & 8	Cross right behind left (7), make ¼ turn left stepping forward on left (&), stomp right to right side (8)	6.00
25 - 32	<b>¼ turn left with strong leg stomps, ball cross, side rock, cross back, ¼ turn, ½ turn</b>	
1 – 2	Make 1/8 turn left stomping right to right side (1), make 1/8 turn left stomping right to right side (2)	3.00
(style)	<i>Think of this as 3 stomps including count 8 of last section, they are strong steps like the right leg is dead.</i>	
& 3	Step in place with ball of left (&), cross right over left (3),	3.00
& 4	Rock ball of left to left side (&), recover weight to right (4)	3.00
5 - 6	Cross left over right (5), step back on right (6)	3.00
7 - 8	Make ¼ turn left stepping forward on left (7), make ½ turn left stepping back on right (8)	6.00

START AGAIN, HAVE FUN! ☺