

# Spill The Beans

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**Count:** 48      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Michele Perron , DANCE Expressions (Nov 2010)

**Music:** I Heard It Through The Grapevine by Craig David (115 bpm) Album: Signed, Sealed, Delivered

**Introduction: 32 Counts - CCW Rotation,**

**Sec. I (1- 8) SIDE, BEHIND, &-ACROSS-TOUCH, &-ACROSS-TOUCH, L SCISSOR**

**1,2LEFT Step side L; RIGHT Step crossed behind L**

**&,3,4LEFT Step side L; RIGHT Step across front of L; LEFT Toe/Touch beside R (L knee 'tucked in')**

**&,5,6LEFT Step back diagonal L; RIGHT Step across front of L; LEFT Toe/Touch beside R (L knee 'tucked in')**

**7&8LEFT Step side L; RIGHT Step beside L; LEFT Step across front of R (L Scissor)**

**Sec. II (9-16) TURN, BACK, TRIPLE BACK, &-TOUCH-FORWARD, TURN-BACK-TOUCH**

**1,2** Turn 1/4 L with **RIGHT Step back & crossed behind L; LEFT Step back (9 o'clock)**

**3&4RIGHT 'Locking' Triple back (R back, L back & across front of R, R back)**

**&,5,6LEFT Step back; RIGHT Toe/Touch in front of L; RIGHT Step forward**

**7&8** Turn 1/2 R with **LEFT Step back; RIGHT Step back; LEFT Toe/Touch in front of R (3 o'clock)**

**Sec.III (17-24) FORWARD, FORWARD, FORWARD-&-BACK, &-TOUCH-HOLD: REPEAT**

**1,2LEFT Step forward; RIGHT Step forward**

**3&4LEFT Rock/Step forward, RIGHT Recover/Step back, LEFT Step back**

**&,5,6RIGHT Step back; LEFT Toe/Touch side L; HOLD**

**&,7,8LEFT Step beside R; RIGHT Toe/Touch R; HOLD**

**Sec.IV (25-32) &-TURN-FORWARD, BACK, TURN, ACROSS, SIDE, BEHIND, TURN**

**&,1,2RIGHT Step beside L; Turn 1/4 L with LEFT Step forward; RIGHT Rock/Step forward (12 o'clock)**

**3,4LEFT Recover/Step back; Turn 1/4 R with RIGHT Step side R (3 o'clock)**

**5,6LEFT Step across front of R; RIGHT Step side R**

**7,8LEFT Step crossed behind R; Turn 1/4 R with RIGHT Step forward (6 o'clock)**

**Sec.V (33-40) KICK-&-TOUCH, KICK-&-TOUCH, PRESS, SLIDE, HOLD, HEEL DROP/POP UP**

**1&2LEFT Kick forward, LEFT Step back diagonal L, RIGHT Toe/Touch beside L (face diagonal L)**

**3&4RIGHT Kick forward, RIGHT Step back diagonal R, LEFT Toe/Touch beside R (face diagonal R)**

**5,6LEFT Toe/Ball Press forward diagonal L [face 6 o'clock] ; LEFT Slide/Drag to R**

**7,8HOLD; LEFT Drop Heel / RIGHT Heel 'pop up' (R heel lifts up, R toe/ball remains on floor, R knee 'tucked in')**

**Option: Execute a two count 'slow' LEFT Slide/Drag (6,7) eliminate the 'HOLD'**

**Sec.VI (41-48) FORWARD, FORWARD, FORWARD-&-BACK, &-TOUCH-HOLD, TURN-TOUCH-HOLD**

**1,2RIGHT Step forward, LEFT Step forward**

**3&4RIGHT Rock/Step forward, LEFT Recover/Step back, RIGHT Step back**

**&,5,6LEFT Step beside R, RIGHT Toe/Touch side R, HOLD**

**&,7,8 Turn 1/4 R with RIGHT Step beside L, LEFT Toe/Touch side L, HOLD (9 o'clock)**

**Begin Again**

**Ending: You will end facing front wall on last count of Sec VI.**

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