

Tell Me What To Do

Artist: Metro Station
Choreo: Jennifer Murton

Level: Intermediate Plus
Genre: Pop

SEQUENCE: (Wait 16 Beats) Intro B AB AB Break B B Ending

INTRO: (16 Beats)

Toe Ups and Chain L: DS Toe Up(xib)/Heel DS Toe Up(xib)/Heel DS RS RS RS
(Clap on Chain Rock) L R R/L R L L/R L RL RL RL
Toe Ups and Chain R: DS Toe Up(xib)/Heel DS Toe Up(xib)/Heel DS RS RS RS
(Clap on Chain Rock) R L L/R L R R/L R LR LR LR

PART A: (64 Beats)[Verse]

Stomp Run: Stomp DS(xif) Ba(ots) Ba(xib) Ba(ots) Ba DS DS RS Brush Up/Heel
L R L R L R L R LR L L/R
Dbl Back Turn & Fancy Double: DS *Dbl Back/Heel Brush* Up/Heel Heel S DS DS RS RS
(1/2L)* L R/L R R/L R RL L RL RL
Buffalo: DS DS DS Stamp Up/Heel RS Brush Up/Heel DS Stamp Up/Heel
L R L R R/L RL R R/L R L L/R
2 Cat in the Hat Pulls: & Pull(L) S Knees Knees & Pull(R) S Knees Knees
(Knees Hit Together) L R Both Both R L Both Both

REPEAT ABOVE STEPS TO FRONT

PART B: (32 Beats)[Chorus]

High Energy Chain and Unclog: *DS RS RS RS* [Clap] Heel Up Heel S Heel Up Heel S
(1/2L)* L RL RL RL R R R RL L L L
High Energy Chain and Unclog: *DS RS RS RS* [Clap] Heel Up Heel S Heel Up Heel S
(1/2R)* R LR LR LR L L L LR R R R
Triple Kick In Place & Triple Backward: DS DS DS Kick Up/Heel DS DS DS RS
(High Clap on Kick) L R L R R/L R L R LR
Hop & Swing Forward 4X: Step & Hop/Swing Leg in Front w/Arm to Leg; **Repeat 3X**
L L/R

Break: (8+32+32 Beats)

2 Slur Brushes L & R: DS Slur(xib) S DS Brush Up/Heel; DS Slur(xib) S DS Brush Up/Heel
L R RL R/L R L LR L/R
Triple Stomp *DS DS* DS Stomp Stomp
(1/4L)* L R L R L
Syncopated Scoot Step (Forward): DS Scoot RS Scoot RS
R R LR R LR

REPEAT TRIPLE STOMP AND SYNCOPATED SCOOT STEP 3 MORE TIMES

Break (Cont'd): (8+32+32 Beats)

Slurs & Pull L Lead: *(1/4L)* ^(1/2R)^	*Dbl Slur S(ib)* ^S S Slur S(ib)^ Rock Pull(back) S DS RS L R R LR L L R L RL RL
Slurs & Pull R Lead: *(1/4R)* ^(1/2L)^	*Dbl Slur S(ib)* ^S S Slur S(ib)^ Rock Pull(back) S DS RS R L L RL R R L R LR LR
4 Kicks Around w/Claps: *(1/4L)*	DS *Kick/Heel*; DS *Kick/Heel*; DS *Kick/Heel*; DS *Kick/Heel* L R/L R L/R L R/L R L/R
2 Step and Claps: *(Forward)* ^(Back)^	*Step Step* Clap Clap ^Step Step^ Clap Clap L R Both Both L R Both Both
Fancy Double:	DS DS RS RS L R LR LR

Ending: (16+4 Beats)

Mini Jit Step:	DS(ots) S(ib)/Give Weight(if) S(ots) S(if)/Give Weight(ib) L R/L L R/L
Soccer Turn: *(1/2 L)*	DS *Dbl Up/Heel* DS Kick Up/Heel L R/L R L/R
Mini Jit Step:	DS(ots) S(ib)/Give Weight(if) S(ots) S(if)/Give Weight(ib) L R/L L R/L
Soccer Turn: *(1/2 L)*	DS *Dbl Up/Heel* DS Kick Up/Heel L R/L R L/R
Strike a Pose (5 beats)	S (ots) S (1/2 R) S S and Lean Back R[look over L shoulder at audience] L R LR Both

NEED HELP?

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