

# Spill The Tea ☕💬



Choreographed by Ryan Hunt (January 2026)

Choreographed to 'Spill The Tea' by Jessica Grech (3:03)

Advanced, 100 counts, Phrased ABC, 2 walls

Intro: 6 counts (after the kettle whistle)

Sequence: A B Tag, AA Tag B, AA Tag C, AA, Ending

## PART A

### Stomp, HOLD, Cross, Back, Ball Cross, Rotate w/ Toe Lift, Recover 1/4, Shuffle 1/2

1-2	Stomp R Forward as you push both hands down (1), HOLD (2)
3-4a5	Cross L over R (3), Step R back (4), Quickly step L in place (a), Cross R over L (5)
6-7	Rock L to L as you rotate R and lift R toes (6), Recover R as you make 1/4 L (7) [9:00]
8&1	Make 1/4 L stepping L to L (8) [6:00], Close R next to L (&), Make 1/4 L stepping L forward (1) [3:00]

### Cross Samba Step, Cross, Side, Hinge 1/2 w/ Dip, Raise Up w/ Shoulder Pops

2&3	Cross R over L (2), Rock L to L (&), Recover R (3)
4-5	Cross L over R (4), Step R to R (5)
6	Make 1/2 L stepping L to L as you dip down placing hands on thighs (6) [9:00]
7-8	Start to raise up as you lean R popping R shoulder (7), Raise further as you lean L popping L shoulder (8)

### Side w/ Sweep, Cross 1/8 Back, Behind 1/4 Forward, Cross 3/8 Back, Back Lock Step

1	Recover/Step R to R as you sweep L forward (1)
2&3	Cross L over R (2) Step R to R (&), Make 1/8 L stepping L back (3) [7:30]
4&5	Cross R behind L (4), Make 1/8 L stepping L to L (&) [6:00], Make 1/8 L stepping R forward (5) [4:30]
6-7	Cross L over R (6), Make 3/8 L stepping R back (7) [12:00]
8&1	Step L back (8), Lock R over L (&), Step L back (1)

### Rock Back w/ Knee Pop, Recover, Step Lock Step, Rock Forward, Recover, 1/2 Forward

2-3	Rock R back as you pop L knee (2), Recover L (3)
4&5	Step R forward (4), Lock L behind R (&), Step R forward (5)
6-7-8	Rock L forward (6), Recover R (7), Make 1/2 L stepping L forward (8) [6:00]

## Part B – Clock references apply **from 6:00** where first danced

### Step, Lock, Step, 1/2 Hitch, Step, Lock, Shuffle Forward

1-2	Step R forward (1), Lock L behind R (2)
3-4	Step R forward (3), Hitch L knee as you make 1/2 R (4) [12:00]
5-6	Step L forward (5), Lock R behind L (6)
7&8	Step L forward (7), Close R next to L (&), Step L forward (8)

### Forward Rock, Side Rock, Behind Side Cross, Side Drag w/ Shhhh!

1&2&	Rock R forward (1), Recover L (&), Rock R to R (2), Recover L (&)
3&4	Cross R behind L (3), Step L to L (&), Cross R over L (4)
5-8	Take a big step L as you drag R in and bring R index finger over lips as you look L – “won’t say a word!”

### Rolling Turn, Chasse, Cross, Side, Sailor 1/4

1-2	Make 1/4 R stepping R forward (1) [3:00], Make 1/2 R stepping L back (2) [9:00]
3&4	Make 1/4 R stepping R to R (3), Close L next to R (&), Step R to R (4)
5-6	Cross L over R (5), Step R to R (6)
7&8	Cross L behind R (7), Step R in place making 1/4 L (&) [9:00], Step L forward (8)

### Arc Walks & Shuffle (in a 3/4 Circle), Mambo Forward, Out Out, In In

1-2	Make 1/4 L stepping R forward (1) [6:00], Make 1/4 L stepping L forward (2) [3:00]
3&4	Make 1/4 L stepping R forward (3) [12:00], Close L next to R (&), Step R forward (4)
5&6	Rock L forward (5), Recover R (&), Step L back (6)
&7&8	Step R to R (&), Step L to L (7), Step R in place (&), Close L next to R (8)

**PART C – Clock references apply from 6:00 where only danced**

<b>Step, Sweep, Step, Sweep, Step 1/2 Pivot, 1/2 Back, 1/2 Forward</b>	
1-2	Step R forward (1), Sweep L from back to front (2)
3-4	Step L forward (3), Sweep R from back to front (4)
5-6	Step R forward (5), Pivot 1/2 L (6) [12:00]
7-8	Make 1/2 L stepping R back (7) [6:00], Make 1/2 L stepping L forward (8) [12:00]

<b>Step, Sweep, Step, Sweep, Jazz Box w/ Cross</b>	
1-2	Step R forward (1), Sweep L from back to front (2)
3-4	Step L forward (3), Sweep R from back to front (4)
5-8	Cross R over L (5), Step L back (6), Step R to R (7), Cross L over R (8)

<b>Press, HOLD, 1/2 Lift, Reverse Chug Turn w/ Hip Rolls x2</b>	
1-2	Press R to R (1), HOLD (2)
3-4	Recover on L making 1/2 R as you lift R leg up over 2 counts (3-4) [6:00]
5-6	Step R to R as you roll hips Clockwise (5), Recover L making 1/4 R (6) [9:00]
7-8	Step R to R as you roll hips Clockwise (7), Recover L making 1/4 R (8) [12:00]

<b>Reverse Chug Turn w/ Hip Rolls x2, Close Together Raising Arms</b>	
1-2	Step R to R as you roll hips Clockwise (1), Recover L making 1/4 R (2) [3:00]
3-4	Step R to R as you roll hips Clockwise (3), Recover L making 1/4 R (4) [6:00]
5-8	Close R next to L as you raise both hands out to side and up above head (5-8)

**TAG**

<b>Rocking Chair w/ Crossing Snake Arms</b>	
1-2	Rock R forward (1), Recover L (2)
3-4	Rock R back (3), Recover L (4) <i>Note: on Counts 1-4, snake arms in and out as you reach up</i>

**ENDING**

<b>Step Forward, 1/2 Pivot, Step Forward w/ Push</b>	
1-2	Step R forward (1), Pivot 1/2 L (2) [12:00]
3	Step R forward as you push R hand forward – “shut the front door!” (3)