

# Calorie

**COPPER** **KNOB**  
BY STEPHEN

Count: 64

Wall: 4

Level: Phrased Beginner +

Choreographer: Angéline Fourmage (FR) - February 2020

Music: Calorie (卡路里) - Rocket Girl 101 (火箭少女101)



Sequence : A-16-A-A-B-B-20-A-A-B-B-A-Tag-B-B-A

Start : 16 sec approximately

## Part A (32 Counts)

**[1-8] Walk, Together, Point, Together, Point, Together**

- 1-2 RF FW, LF FW
- 3&4 RF FW, LF next to LF
- 5-6 Point RF to the R side, RF next to LF
- 7-8 Point LF to the L side, LF next to RF

**[9-16] Walk, Together, Point, Together, Point, Together**

- 1-2 RF FW, LF FW
- 3&4 RF FW, LF next to LF
- 5-6 Point RF to the R side, RF next to LF
- 7-8 Point LF to the L side, LF next to RF

**[17-24] Vine ¼ R, Forward, Stomp Up, Hitch, Stomp Up, Hitch**

- 1-2 RF to the R side, Cross LF behind RF
- 3-4 Make ¼ R with RF FW, LF FW
- 5-6 Stomp Up to R side, R Hitch FW
- 7-8 Stomp Up to R side, R Hitch FW

**[25-32] Side, Hitch, Stomp Up, Hitch, V-Step, Touch**

- 1-2 RF to R side, L Hitch FW
- 3-4 Stomp Up to L side, L Hitch FW
- 5-6 LF FW on L diagonal, RF FW on R diagonal
- 7-8 LF Back, Touch RF next to LF

## Part B (32 Counts)

**[1-8] Side, Touch, Side, Touch, Side, Touch, Hip Push, Side, Touch, Side, Touch, Side, Touch, Hip Push**

- 1&2 RF to R side, Touch LF next to RF, LF to the L side, Touch RF next to LF
- 3&4 Touch LF next to RF, Push L Hip Up, Push L Hip Down, LF to L side
- 5&6 Touch RF next to LF, RF to the R side, Touch LF next to RF
- 7&8 Touch RF next to LF, Push R Hip Up, Push R Hip Down

**[9-16] Side, Kick, ¼ L, Kick, Side, Kick, Side, ¼ L, Kick**

- 1-2 RF to R side, L Kick before RF
- 3-4 Make ¼ L with LF FW, R Kick before LF
- 5-6 RF to the R side, L Kick before RF
- 7-8 Make ¼ L with LF FW, R Kick before LF

**[17-24] Step-turn ½ L, Walk, Mambo, Mambo**

- 1-2 RF FW, Make ½ L (Weight is LF)
- 3-4 RF FW, LF FW
- 5&6 RF FW, Recover to LF, RF Back
- 7&8 LF Back, Recover to RF, LF FW

**[25-32] Step-turn ½ L, Walk, Mambo, Mambo**

1-2 RF FW, Make  $\frac{1}{2}$  L (Weight is LF)  
3-4 RF FW, LF FW  
5&6 RF FW, Recover to LF, RF Back  
7&8 LF Back, Recover to RF, LF FW

**Tag : 4 counts ; V-Step**

1-2 RF FW on R diagonal, LF FW on L diagonal  
3-4 RF Back, LF next to RF

**Smile and enjoy the dance**

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