

# Cantaloop

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Doug Miranda (USA) & Jackie Miranda (USA) - January 2008

Music: Cantaloop - Us3



**Introduction: Someone will be speaking, introducing the song; do this easy 32 count introduction after you hear the distinct drum beat:**

**[1-8] Vine R, vine L**

- 1-4 Step R to R side, touch L next to R; step L to L side, touch R next to L
- &5-8 Step out-out R, L (weight on L), bump to R 3x leaning to R with weight ending on R on count 8

**[9-16] Vine L, vine R**

- 1-4 Step L to L side, touch R next to L; step R to R side, touch L next to R
- &5-8 Step out-out L, R (weight on R), bump to L 3x leaning to L with weight ending on L on count 8

**DANCE:**

**Set 1: Walk Forward, Skate, ¼ Left, Side Step, Touch Behind, Side Step, Touch Behind**

- 1-4 Walk forward R, L, skate forward on R, skate into ¼ turn L
  - 5-8 Step R to R side, touch L behind R (weight remains on R); step L to L side, touch R behind L
- (Styling: for counts 5-8: slightly bend down as you step to sides and bring arms out to side parallel to floor; as you touch behind, cross arms in front of you)**

**Set 2: Mash Potato Traveling Back, Step Back, Touch Heel Forward, Hold, Step Forward, Toe Touch, Step Back, Touch Heel Forward**

- &1 Turn toes in and raise up on toes (heels will turn out), step back on R as you bring heels down and inwards (weight on R)
- &2 Turn toes in and raise up on toes (heels will turn out), step back on L as you bring heels down and inwards (weight on L)
- &3 Turn toes in and raise up on toes (heels will turn out), step back on R as you bring heels down and inwards (weight on R)
- &4 Turn toes in and raise up on toes (heels will turn out), step back on L as you bring heels down and inwards (weight on L)

**(Option to mash potatoes: walk back R, L, R, L)**

- &5-6 Step back on R, touch L heel forward, hold
- &7&8 Step L next to R, touch R next to L, step back on R, touch L heel forward

**Set 3: Dorothy Steps Forward, ¼ Turn Right Dorothy Steps, Step Forward, ¾ Turn Right, Hips Bumps Left, Right, Left**

- 1,2& Step forward on L, step lock R behind L, step forward on L
- 3,4& Step ¼ turn R forward on R, step lock L behind R, step forward on R
- 5-6 Step forward on L, turn ¾ turn R as step R to R side
- 7&8 As you lean to L side, bump hips L, R, bumps L with weight ending on L

**Set 4: Side Point, ¼ Turn Right Kick, Back Coaster Step; Side Points, ¼ Turn Right Side Points**

- 1-4 Point R to R side, turn ¼ R as you kick R forward, step back on R, step L next to L, step forward on R
- 5&6 Point L to L side, step L next to R, point R to R side
- &7&8 Step R next to L turning ¼ R, point L to L side, step L next to R, point R to R side

**One Time tag here at the 3 o'clock wall :**

- & 1-2 Step down on R next to L, step L to L side, hold
- & 3-4 Step R next to L, rock L to L side, recover on R
- & 5-6 Step down on L next to R, step R to R side, hold

& 7-8            Step L next to R, rock R to R side, recover on L

**Start again and have fun!**

**Last Update - 15 Sept. 2020**

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