

# Contact

拍数: 32      墙数: 4      级数: Beginner  
编舞者: William Sevone (UK) - November 2016  
音乐: Contact - Edwin Starr : (many compilations - iTunes / Amazon)



Highly Recommended Alternate Music #1:- "I Cant Help Myself" (140bpm)... Donnie Elbert  
Highly Recommended Alternate Music #2:- "My man, a sweet man" (144 bpm)... Millie Jackson  
Choreographers note:- No Phrasing, Tags or Restarts - Just go for it & have fun. ('Sweet Thing'- with variances)

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.  
Dance starts on the vocals, feet together and weight on the left.

## S1: 2x Soft Shoe Shuffle (detailed at foot of script). Walk Fwd: R-L. Rock. Recover (12:00)

1 & 2      (On the spot) Step right slightly in front of left, step left back slightly, slide right back to left toe.  
3 & 4      (On the spot) Step left slightly in front of right, step right back slightly, slide left back to right toe.  
5 - 6      Walk forward: Right. Left.  
7 - 8      Rock forward onto right. Recover onto left.

## S2: 1/4 Chasse. 1/2 Chasse. 1/4 Bwd Rock. Recover. Cross. Bwd (12:00)

9 & 10      Turn ¼ right & Chasse right (RL-R) (3)  
11 & 12      Turn ½ right & Chasse left (LR-L) (9)  
13 - 14      Turn ¼ right & rock backward onto right. Recover onto left.  
15 - 16      Cross right over left. Step backward onto left.

## S3: 2x Fwd Shuffle. Rock. Recover. Side Rock. Recover (12:00)

17 & 18      Shuffle forward (RL-R)  
19 & 20      Shuffle forward (LR-L)  
21 - 22      Rock forward onto right. Recover onto left .  
23 - 24      Rock right to right side. Recover onto left.

## S4: 3x Sailor. 3/4 Toe. Heel Drop-Arc (3:00)

(The following Sailors are moving backward )

25 & 26      Step right behind left, step left to left side, step right slightly backward.  
27 & 28      Step left behind right, step right to right side, step left slightly backward.  
29 & 30      Step right behind left, step left to left side, step right slightly backward.  
31 - 32      Turn ¾ left & step forward onto left toe. Drop left heel & arc right foot forward (ready for count 1).

## DANCE NOTE

A (Left) Soft Shoe Shuffle - in detail.

1. Step the left foot in front of the right (the heel of the left is almost touching the toe of the right)
- &. Step backward onto the right foot.
2. Slide/step the left backward towards the right - to a foot position identical to count 1.