

Call On Me

拍数: 32 墙数: 2 级数: High Beginner
编舞者: Lisa McCammon (USA) - April 2018
音乐: Call On Me - Big Brother & The Holding Company



#16 count intro - Start weight on L

Choreographer's note: this dance can be a follow-up to some of the easy 16 count teaching dances to reinforce the "&a" rolling 8 rhythm, and also can be a floor split for intermediate dances. It works best with songs in the 60-80 bpm range (see alternate suggestions at bottom of page).

SIDE, BACK ROCK-RECOVER-SIDE, BEHIND-SIDE-CROSS-SWAY, SWAY, TURN, STEP-TURN

1 Step R to side
2a3 Rock back L, recover R, step L to side
4&a5 Step R behind, step L to side, step R across, step L to side, swaying L
6-7 Sway R, turn left ¼ [9] stepping forward L
8a Step forward R, turn left ½ [3] onto L

TURN, BACK ROCK-RECOVER-SIDE, BEHIND-SIDE-CROSS-SWAY, SWAY, TURN, STEP-TURN

1 Turn left ¼ [12] stepping R to side
2a3 Rock back L, recover R, step L to side
4&a5 Step R behind, step L to side, step R across, step L to side, swaying L
6-7 Sway R, turn left ¼ [9] stepping forward L
8a Step forward R, turn left ½ [3] onto L

STEP, TRIPLE STEP, MAMBO-BALL-BACK, BACK, BACK, COASTER STEP

1 Step forward R
2a3 Step forward L, close R, step forward L
4&a5 Rock forward R, recover L, step R slightly back, step L back
6-7 Walk back R, L
8a1 Step back R, close L, step forward R

L SAMBA, FORWARD-SIDE-BACK, BACK-SIDE-CROSS (RIGHT ¼ FALLAWAY), SIDE-CLOSE

2a3 Step forward L, rock R to side, recover L, opening hips slightly to left diagonal
4a5 Step forward R, step L to side squaring to [3], step back R, opening hips to right diagonal
6a7 Step back L, step R to side squaring to [6], cross L
8a Step R to side, close L

ENDING: The last repetition starts facing the front wall. Dance through the triple forward LRL (2a3) in the third set facing 3:00, then replace the mambo with the following steps, slowing to match the music:

4&a5 Step forward R, turn left ¼ [12] onto L, cross R, step L to side

*Alternate music suggestions (dance through or see note):

*16 Candles by The Crests; Doo Wop For Grandparents, 74 bpm

*Bring It On Home To Me by Sam Cooke, Best Of Sam Cooke, 72 bpm

*Pull You Through by Maggie Rose, single 74 bpm

*The Good Life by Robin Thicke, Blurred Lines Deluxe, 68 bpm (sway R, L, R, L after first repetition)

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