

# Long Distance Call

拍数: 32      墙数: 2      级数: Intermediate/Advanced  
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音乐: The Call - Backstreet Boys



## OUT-OUT, CLICK, AND CROSS, UNWIND, KICK-BALL-CROSS, SIDE ROCK, RECOVER

&1-2      Step left diagonally back to left, step right out to right side, click fingers high  
&3-4      Step left beside right, cross right in front of left, unwind  $\frac{3}{4}$  turn left  
**Weight ends up on right foot**  
5&6      Kick left forward, step left beside right, cross right in front of left  
7-8      Step left to left side, rock back onto right

## TOGETHER, SIDE, KNEE POPS, $\frac{1}{4}$ TURN, STEP, $\frac{1}{2}$ TURN, BODY ROLL (BODY CONTRACTIONS)

&1-2      Step left beside right, step right to right side, pop left knee against right knee  
3&      Pop left knee out to left side, pop left knee to right knee  
4      Pop left knee out to left side as you turn  $\frac{1}{4}$  turn to the left  
**Weight ends on left**  
5-6      Step forward on right, pivot  $\frac{1}{2}$  turn to the left keeping the weight back on right foot  
&7      Push shoulders back, squat hips down (as you should sit down in a chair)  
&8      Push pelvis (hips) forward, straighten upper body up  
**Optional moves for &7,&8: body roll down and up**

## SHUFFLE FORWARD, STEP, $\frac{1}{2}$ TURN, STEP FORWARD, FULL TURN RIGHT, ROCK STEP

1&2      Shuffle forward left-right-left  
3&4      Step forward on right, pivot  $\frac{1}{2}$  turn left, step small step forward on right  
5      Make a  $\frac{1}{2}$  turn right on ball of right and step back on left foot  
6      Make another  $\frac{1}{2}$  turn right on ball of left and step forward on right foot  
7-8      Step forward on left, rock back onto right

## LEFT COASTER STEP, STEP, $\frac{3}{4}$ TURN, POINT, WEAVE, $\frac{1}{4}$ TURN, $\frac{1}{2}$ TURN, STEP FORWARD

1&2      Step back on left, step right beside left, step forward on left  
3&4      Step forward on right, pivot  $\frac{3}{4}$  turn left, point right toe to right side  
5&6      Cross right in front of left, step left to left side, cross right in back of left  
&7      Step left  $\frac{1}{4}$  turn to the left, step forward on right  
&8      Pivot  $\frac{1}{2}$  turn left, step forward on right

## REPEAT

### Tag

**To be danced only once after 16 counts (after the body roll) at the third wall. After the tag, begin the dance from the beginning**

&1      Step left diagonally back to left, step right out to right side  
&2      Lift both heels from the floor, step down on both feet  
3-4      Bump hips to the left, bump hips to the right