# The Call To Dance



拍数: 160 墙数: 2 级数: Advanced

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音乐: The Call To Dance - Leahy



### INTRODUCTION

Begin dance with this introduction to loosen up your muscles. It begins approximately 64 counts into the song. BODY ROLL, LEG ROLLS, HIP ROLLS

1-4 Body roll

5-12 Right leg roll to the right, left leg roll to the left, right leg roll, left leg roll (2 counts each roll)

Hip roll in a figure 8 pattern Repeat above steps (1-16)

**BODY ROLL, HIP BUMPS (1-16)** 

1-4 Body roll

5-8 2 left hip bumps, 2 right hip bumps

9-12 Body roll

13-16 2 left hip bumps, 2 right hip bumps

**BODY ROLL, HIP BUMPS (1-16)** 

1-4 Body roll

5-8 Left hip bump, right hip bump, left hip bump, right hip bump

9-12 Body roll

13-16 Left hip bump, right hip bump, left hip bump, right hip bump

THE MAIN DANCE

TOE FORWARD, TOE BACK, LEG BEHIND, LEG OUT

1-4 Touch left toe forward, touch left toe back, slap left foot with right hand as you swing it behind

right leg, slap left outer foot with left hand

& Step left beside right

5-8 Touch right toe forward, touch right toe back, slap right foot with left hand, slap right outer

foot with right hand

& Step right beside left9-16& Repeat above steps

ROCK STEPS FORWARD, ROCK STEPS BACK

1-4 Rock forward on right, rock back on left, rock forward on right, rock back on left
5-8 Rock back on right, rock forward on left, rock back on right, rock forward on left

9-16 Repeat Above Steps

**ROLLING VINE, KNEE POPS** 

1-4 ½ turn rolling vine to right (drag left leg beside right on 4th count)

5-8 Right knee pop, left knee pop, right knee pop, left knee pop (weight on right)

9-12 ½ turn rolling vine to left (drag right leg beside left on 4th count)

13-16 Left knee pop, right knee pop, left knee pop, right knee pop (weight on left)

MAD HATTER, HEEL JACKS

Touch ball of right foot beside left, scoot backward on left while hitching right
 Touch ball of right foot beside left, scoot backward on left while hitching right
 Touch ball of right foot beside left, scoot backward on left while hitching right

4 Step right foot beside left

&5 Step back on left, touching right heel forward

&6	Step home on right, touching left to right
&7	Step back on left, touching right heel forward
&8	Step home on right, step left beside right
&9	Step back on right, touching left heel forward
&10	Step home on left, touching right to left
&11	Step back on right, touching left heel forward
&12	Step home on left, step right beside left
13&	Touch ball of left foot beside right, scoot backward on right while hitching left
14&	Touch ball of left foot beside right, scoot backward on right while hitching left
15&	Touch ball of left foot beside right, scoot backward on right while hitching left
16	Step left foot beside right

## SHUFFLE TO SIDE, OVER SHUFFLE, SHUFFLE TO SIDE, STEP BEHIND, STEP SIDE

O O LL . O .	3152, 372, 31131, 22, 31131, 22, 13 3152, 3121 52111115, 3121
1&2	Moving to the right-shuffle right (right-left-right)
3&4	Moving to the right-bring left over right and shuffle left (left-right-left)
5&6	Moving to the right-shuffle right (right-left-right)
7-8	Step left behind right, step right beside left
9-16	Repeat above steps traveling to left

STAMP, KICK, STAMP, KICK (WITH 1/4 TURNS)		
1-4	Stamp right foot beside left, kick right leg forward, stamp right foot beside left, kick right leg forward (while turning ¼ right)	
5-8	Stamp right foot beside left, kick right leg forward, (while turning ¼ right facing back wall), stamp right foot beside left, kick right leg forward (while turning ¼ right facing left wall)	
9-16	Repeat above steps switching to left leg and turning 1/4 left	

## STAMP, KICK FORWARD, STAMP, KICK FORWARD

1-4	Stamp left foot beside right, kick left leg forward, stamp right foot beside left, kick right leg
	forward
5-8	Stamp left foot beside right, kick left leg forward, stamp right foot beside left, kick right leg forward

## ROCK STEPS, TURN, ROCK STEPS, TURN

9-12	Rock forward right, rock back left, ½ turn right (stepping on right), rock forward left
13-16	Rock back right, ½ turn left (stepping on left), step forward right, touch left beside right (2nd
	time step left beside right)
17-32	Repeat above steps

## **MODIFIED MONTEREY TURNS**

1-4	Touch right to right side, turn ½ right while hitching right, step right down, touch left beside
	right
5-8	Touch left to left side, turn ½ left while hitching left, step left down, touch right beside left
9-16	Repeat above steps

## STEP, HIP ROLLS, 1/4 TURN

Step right forward (on ball of foot), roll hips, step left forward, roll hips, step right forward, roll
hips, step left forward, turn ¼ right (keeping weight on left foot)
Step right forward, roll hips, step left forward, roll hips, step right forward, roll hips, step left forward, turn ¼ right (stepping down on right)

## REPEAT

The dance finishes after the fiddle music. There is one extra beat. Finish the dance with a flourish by tapping left toe behind right, bring left arm behind back, head down and right hand on front brim. Or any other way you can think of.

