

# Callin' From The Heart

**COPPER** **NOB**  
BY STEPHEN BRETZ

拍数: 64      墙数: 1      级数: Intermediate  
编舞者: Michele Burton (USA)  
音乐: Operator - Manhattan Transfer



## STEP KICK SIDE, CROSS BALL CHANGE, REPEAT

1-2            Step forward on right, kick left foot to left (low)  
3&4           Cross left over right, step right on ball of right foot, return weight to left foot  
5-6           Step forward on right, kick left foot to left (low)  
7&8           Cross left over right, step right on ball of right foot, return weight to left foot

## STEP TOUCH, SIDE BODY ROLL WITH ¼ TURN RIGHT, ROLLING ¾, SHUFFLE RIGHT

1-4            Step forward on right, touch left to left side, body roll side left turning ¼ right (sit on left hip, right knee popped)  
5-6           Step right foot in place, turn ½ right and step left back  
7&8           Turn ¼ right and step right, step left beside right, step right foot to right (shuffle right)

## SAILOR STEP, ½ TURN SAILOR, SHUFFLE FORWARD, STEP ½ PIVOT

1&2           Cross step left foot behind right, step right beside left, step left foot to left  
3&4           Dig ball of right foot behind left (beginning ½ turn to right on ball of right foot), step left beside right (facing ¼ right of front wall), step right beside left (finishing another ¼ turn right - facing back wall)  
5&6           Step forward on left foot, step right foot beside left, step forward on left foot  
7&8           Step forward on right foot, ½ pivot left, shift weight to left foot

## STEP ½ PIVOT LEFT, ¾ TURN (LEFT) TOUCH, STEP BACK, STEP BACK, STEP BACK, COASTER STEP

This ½ pivot ¾ turn is quite slow. No need to rush either turn. Use the ½ pivot to gain momentum for the ¾ turn

1&2            Step forward on right foot, ½ pivot left, shift weight to left foot  
3-4            Continue turning to the left ¾ turn on ball of left foot (tap right foot behind left heel at end of count 3), step back on right

### An easier option is a triple step ¾ turn for counts 3-4

5-6            Step back on left foot, step back on right foot  
7&8            Step back on left foot, step right beside left, step left forward

## STEP TOUCH, STEP TOUCH, STEP TOUCH, STEP TOUCH INTO ½ TURN LEFT

1-2            Step forward on right foot, touch left foot to left (the low book on the head look - bend the right knee/stretch the left touch)  
3-4            Step forward on left foot, touch right foot to right  
5-6            Step forward on right foot, touch left foot to left  
7-8            Step left ¼ turn left (try a body roll if you like), turn ¼ left on ball of left and touch right next to left

## TOUCH RIGHT, TOUCH CENTER, ROLL INTO BALL HEEL RIGHT, CROSSOVER SYNCOPATED VINE

1-2            Touch right foot to right, touch right foot beside left  
3-4            Push right hip to right stepping to right and pressing ball of right foot to floor, drop right heel to floor placing weight on right foot  
5&6&          Cross left over right, step right side right, cross left behind right, step right side right  
7&8&          Cross left over right, step right side right, cross left behind right, step right side right

If it feels better to do all the crosses in front, go for it

## CROSS BODY ROCK RETURN, TRIPLE STEP FULL TURN (LEFT), ROCK STEP FORWARD, SHUFFLE BACK

- 1-2 Cross rock on left foot in front of right foot, return weight to right foot  
3&4 Step into ¼ turn left on left foot, step into ¼ turn left stepping on right foot, step into ½ turn left on left foot  
5-6 Rock forward on right foot, return weight to left foot  
7&8 Step back on right foot, step left beside right, step back on right foot

**STEP BACK TOUCH, STEP IN PLACE TOUCH, 1 ¼ PADDLE TURN LEFT**

- 1-2 Step back on left (nice big sliding step), touch right ball of foot beside left  
**Styling: bring arms up and snap on counts 2 and 4**  
3-4 Step right slightly forward, touch left foot beside right (angle body slightly right)  
5&6 Step left foot into ¼ turn left, step on ball of right foot, return weight to left foot making ¼ turn left (airplane arms)  
&7&8 Step on ball of right foot, return t to left foot making ¼ turn left, step on ball of right foot, return weight to left foot making ½ turn left

**Think of this as "step, rock, step, rock, step, rock, step" turning a little bit each time until you have turned all the way around in one spot to face the same wall you started the dance**

**REPEAT**

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