

# Calypso Holiday

拍数: 64      墙数: 2      级数:  
编舞者: Lois Sturgeon (AUS)  
音乐: Day Off - Ronnie McDowell



- 1-2      Rock back on right turning ½ turn right, rock forward on left turning ½ turn left  
3&4      Shuffle right-left-right turning full turn left  
5-6      Rock back on left turning ½ turn left, rock forward on right turning ½ turn right  
7&8      Shuffle left-right-left turning full turn right
- 1-2      Rock back on right turning ½ turn right, rock forward on left turning ½ turn left  
3&4      Turning ½ turn left on ball of left, shuffle back at 45 degrees right (stepping right-left-right)  
5&6      Shuffle back at 45 degrees left (stepping left-right-left)  
7-8      Rock back on right turning ½ turn right, rock forward on left turning ½ turn left
- 1-2      Scoot forward right at 45 degrees right (big step dipping right shoulder), slide left together  
3&4      Shuffle forward at 45 degrees right (stepping right-left-right)  
5&6      With right on ball of right, step left heel across right drop left toe, drop right heel turning ½ turn right  
7&8      Repeat 5&6 above (completing full turn)
- 1-2      Scoot forward left at 45 degrees left (big step dipping left shoulder), slide right together  
3&4      Shuffle forward at 45 degrees left (stepping left-right-left)  
5&6      With left on ball of left, step right heel across left drop right toe, drop left heel turning ½ turn left  
7&8      Repeat 5&6 above (completing full turn)
- "INSERT"**
- 1&2      Rock/step right toe to right side, rock/replace onto left, step right across behind left  
&3&4      On balls of both feet with feet still crossed, twist heel out, in, out, in  
5&6      Rock/step left toe to left side, rock/replace onto right, step left across behind right  
&7&8      On balls of both feet with feet still crossed, twist heel out, in, out, in
- "INSERT"**
- 1&2      Rock/step right toe to right side, rock/replace onto left, step right across behind left  
3&4      Rock/step left toe to left side, rock/replace onto right, step left across behind right  
5-6      On heel of right foot, turn full turn to left dropping onto toe of right as turn is completed  
7&8      Shuffle to left (stepping left-right-left)
- 1&2      Tap right toe to right side, step right next to left, step left across in front of right  
3&4      Repeat steps 1&2  
5-8      Step forward on right, (next 3 steps will complete 1 & ½ turns moving forward), step back left turning ½ turn right, step forward right turning ½ turn right, step back left turning ½ turn  
1-8      Repeat last 8 steps

## REPEAT

On the third repetition (3rd wall) after completing both sections marked "insert" step onto right turning ½ turn right, step left together and then dance again both sections marked "insert". The rest of the dance then continues.