

# Calorie

COPPER KNOB  
BY SHEETS

拍數: 64      牆數: 4      級數: Phrased Beginner +  
編舞者: Angéline Fourmage (FR) - February 2020  
音樂: Calorie (卡路里) - Rocket Girl 101 (火箭少女101)



Sequence : A-16-A-A-B-B-20-A-A-B-B-A-Tag-B-B-A  
Start : 16 sec approximately

## Part A (32 Counts)

### [1-8] Walk, Together, Point, Together, Point, Together

1-2            RF FW, LF FW  
3-4            RF FW, LF next to LF  
5-6            Point RF to the R side, RF next to LF  
7-8            Point LF to the L side, LF next to RF

### [9-16] Walk, Together, Point, Together, Point, Together

1-2            RF FW, LF FW  
3-4            RF FW, LF next to LF  
5-6            Point RF to the R side, RF next to LF  
7-8            Point LF to the L side, LF next to RF

### [17-24] Vine ¼ R, Forward, Stomp Up, Hitch, Stomp Up, Hitch

1-2            RF to the R side, Cross LF behind RF  
3-4            Make ¼ R with RF FW, LF FW  
5-6            Stomp Up to R side, R Hitch FW  
7-8            Stomp Up to R side, R Hitch FW

### [25-32] Side, Hitch, Stomp Up, Hitch, V-Step, Touch

1-2            RF to R side, L Hitch FW  
3-4            Stomp Up to L side, L Hitch FW  
5-6            LF FW on L diagonal, RF FW on R diagonal  
7-8            LF Back, Touch RF next to LF

## Part B (32 Counts)

### [1-8] Side, Touch, Side, Touch, Side, Touch, Hip Push, Side, Touch, Side, Touch, Side, Touch, Hip Push

&1&2&        RF to R side, Touch LF next to RF, LF to the L side, Touch RF next to LF  
3&4&        Touch LF next to RF, Push L Hip Up, Push L Hip Down, LF to L side  
5&6&        Touch RF next to LF, RF to the R side, Touch LF next to RF  
7&8        Touch RF next to LF, Push R Hip Up, Push R Hip Down

### [9-16] Side, Kick, ¼ L, Kick, Side, Kick, Side, ¼ L, Kick

1-2            RF to R side, L Kick before RF  
3-4            Make ¼ L with LF FW, R Kick before LF  
5-6            RF to the R side, L Kick before RF  
7-8            Make ¼ L with LF FW, R Kick before LF

### [17-24] Step-turn ½ L, Walk, Mambo, Mambo

1-2            RF FW, Make ½ L (Weight is LF)  
3-4            RF FW, LF FW  
5&6        RF FW, Recover to LF, RF Back  
7&8        LF Back, Recover to RF, LF FW

### [25-32] Step-turn ½ L, Walk, Mambo, Mambo

1-2 RF FW, Make  $\frac{1}{2}$  L (Weight is LF)  
3-4 RF FW, LF FW  
5&6 RF FW, Recover to LF, RF Back  
7&8 LF Back, Recover to RF, LF FW

**Tag : 4 counts ; V-Step**

1-2 RF FW on R diagonal, LF FW on L diagonal  
3-4 RF Back, LF next to RF

**Smile and enjoy the dance**

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