

# Call Me Al

拍數: 96      牆數: 4      級數: Improver  
編舞者: Rebecca A. Harrison - February 2020  
音樂: You Can Call Me Al - Paul Simon : (Album: Graceland, 1986)



Intro is 32 counts

## [1-8] ROCKING CHAIR RIGHT, LINDY RIGHT

1-4      Rock forward R (1), recover weight L (2), rock back on R (3), recover weight L (4)  
5&6      Step R to right (5), step L next to R (&), step R to right side (6)  
7-8      Rock L behind R (7), recover L (8)

## [9-16] ROCKING CHAIR LEFT, LINDY LEFT

1-4      Rock forward L (1), recover weight R (2), rock back L (3), recover weight R (4)  
5&6      Step L to left (5), step R to L (&), step L to side (6)  
7-8      Rock R behind L (7), recover R (8)

## [17-24] TOE HEELSTOMP RIGHT AND LEFT, RIGHT SIDE/ BEHIND/ TRIPLE STEP

1&2      R toe touch next to L (1), R heel touch next to left (&), R foot stomp down (2)  
3&4      L toe touch next to R (3), L heel touch next to R (&), L foot stomp down (4)  
5-6      Step R to right side (5), step L behind R (6)  
7&8      Step R to right side (7) step L next to right (&), step R to right side (8)

## [25-32] TOE/HEEL/STOMP LEFT AND RIGHT, LEFT SIDE/BEHIND/TRIPLE STEP

1&2      L toe touch next to R (1), L heel touch next to R (&), L foot stomp down (2)  
3&4      R toe touch next to L (3), R heel touch next to L (&), R foot stomp down (4)  
5-6      Step L to left side (5), step R behind L (6)  
7&8      Step L to left side (7) step R next to left (&), step L to left side (8)

## [33- 40] HIP ROLLS RIGHT DIAGONAL, MAMBO RIGHT, MAMBO LEFT

1-2      Step R foot to right diagonal pushing R hip forward (1), roll hip back on L foot (2)  
3-4      Push R hip forward again (3), roll R hip back on L foot (4)  
5&6      Rock R to right side (5), recover L (&), step R next to L (6)  
7&8      Rock L to left side (7), recover R (&), step L next to R (8)

## [41 -48] RHUMBA BOX FORWARD LEFT

1-4      Step R forward (1), touch L next to R (2), step L to left side (3), step R next to L (4)  
5-8      Step L back (5), touch R next to L (6), step R to right side (7) touch L next to R (8)

## [49-56] HIP ROLLS LEFT DIAGONAL, MAMBO LEFT, MAMBO RIGHT

1-2      Step L to left diagonal pushing L hip forward (1), roll hip back on R foot (2)  
3-4      Push L hip forward again (3), roll L hip back on R foot (4)  
5&6,      Rock L to left side (6), recover R (&), step L next to R (6)  
7&8      Rock R to right side (7), recover L (&), step R next to L (8)

## [57-64] RHUMBA BOX FORWARD RIGHT

1-4      Step L forward (1), touch R next to L (2), step R to right side (3), step L next to R (4)  
5-8      Step R back (5), touch L next to R (6), step L to left side (7), brush R (8)

## [65-72] JAZZ BOX RIGHT, RIGHT KICK BALL CHANGE, RIGHT BACK RECOVER

1-4      Cross R over L (1), step left back (2), step R to right side (3), step L next to right (4)  
5&6      Kick R forward (5), step on ball of R foot lifting L foot at same time (&), step L down (6)  
7-8      Rock R back (7), recover L (8)

**[73-80] ¼ RIGHT MONTEREY, TOE/HEEL/STOMP RIGHT AND LEFT**

- 1-2 Point R to right side (1), turn ¼ right on L, stepping R beside L (2)  
3-4 Point L to left side, (3) step L beside R (4)  
5&6 R toe touch next to L (5), R heel touch next to L (&), R foot stomp down (6)  
7&8 L toe touch next to R (7), L heel touch next to R (&), L foot stomp down (8) (3:00)

**[81-88] JAZZ BOX RIGHT, RIGHT KICK BALL CHANGE, RIGHT BACK RECOVER**

- 1-4 Cross R over L (1), step left back (2), step R to right side (3), step L next to right (4)  
5&6 Kick R forward (5), step on ball of R foot lifting L foot at same time (&), step L down (6)  
7-8 Rock R back (7), recover L (8)

**[89-96] SLOW 1/2 PIVOT LEFT WITH HOLDS/CLAPS, RIGHT MAMBO, LEFT MAMBO**

- 1-4 Step R forward (1), clap (2), ½ pivot left (3), clap (4)  
5&6 Step R to side (5), recover on L (&), step R next to L (6)  
7&8 Step L to side (7), recover on R (&), step L next to R (8) (9:00)

Think of this song as three 32 count dances. Each one has mirrored phrases and repeated steps. Since this song was choreographed to follow the form of the composition it is quite long. You may fade out after the 4th wall which is about 3:30. If you go to the end of the song it will fade out around 4:30.

This song could be danced as a single 32- count dance, repeated endlessly, but the dance steps would not match the vocal effects which is where the fun is!

Please do not alter this step sheet without permission. Questions or concerns may be directed to me at [gbharrison1@gmail.com](mailto:gbharrison1@gmail.com)

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