

Long Distance Call

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate/Advanced
編舞者: Cato Larsen (NOR) & Rob Fowler (ES)
音樂: The Call - Backstreet Boys



OUT-OUT, CLICK, AND CROSS, UNWIND, KICK-BALL-CROSS, SIDE ROCK, RECOVER

&1-2 Step left diagonally back to left, step right out to right side, click fingers high
&3-4 Step left beside right, cross right in front of left, unwind $\frac{3}{4}$ turn left
Weight ends up on right foot
5&6 Kick left forward, step left beside right, cross right in front of left
7-8 Step left to left side, rock back onto right

TOGETHER, SIDE, KNEE POPS, $\frac{1}{4}$ TURN, STEP, $\frac{1}{2}$ TURN, BODY ROLL (BODY CONTRACTIONS)

&1-2 Step left beside right, step right to right side, pop left knee against right knee
3& Pop left knee out to left side, pop left knee to right knee
4 Pop left knee out to left side as you turn $\frac{1}{4}$ turn to the left
Weight ends on left
5-6 Step forward on right, pivot $\frac{1}{2}$ turn to the left keeping the weight back on right foot
&7 Push shoulders back, squat hips down (as you should sit down in a chair)
&8 Push pelvis (hips) forward, straighten upper body up
Optional moves for &7,&8: body roll down and up

SHUFFLE FORWARD, STEP, $\frac{1}{2}$ TURN, STEP FORWARD, FULL TURN RIGHT, ROCK STEP

1&2 Shuffle forward left-right-left
3&4 Step forward on right, pivot $\frac{1}{2}$ turn left, step small step forward on right
5 Make a $\frac{1}{2}$ turn right on ball of right and step back on left foot
6 Make another $\frac{1}{2}$ turn right on ball of left and step forward on right foot
7-8 Step forward on left, rock back onto right

LEFT COASTER STEP, STEP, $\frac{3}{4}$ TURN, POINT, WEAVE, $\frac{1}{4}$ TURN, $\frac{1}{2}$ TURN, STEP FORWARD

1&2 Step back on left, step right beside left, step forward on left
3&4 Step forward on right, pivot $\frac{3}{4}$ turn left, point right toe to right side
5&6 Cross right in front of left, step left to left side, cross right in back of left
&7 Step left $\frac{1}{4}$ turn to the left, step forward on right
&8 Pivot $\frac{1}{2}$ turn left, step forward on right

REPEAT

Tag

To be danced only once after 16 counts (after the body roll) at the third wall. After the tag, begin the dance from the beginning

&1 Step left diagonally back to left, step right out to right side
&2 Lift both heels from the floor, step down on both feet
3-4 Bump hips to the left, bump hips to the right