

# Cantaloop

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Doug Miranda (USA) & Jackie Miranda (USA) - January 2008  
音樂: Cantaloop - Us3



**Introduction: Someone will be speaking, introducing the song; do this easy 32 count introduction after you hear the distinct drum beat:**

## [1-8] Vine R, vine L

1-4            Step R to R side, touch L next to R; step L to L side, touch R next to L  
&5-8        Step out-out R, L (weight on L), bump to R 3x leaning to R with weight ending on R on count 8

## [9-16] Vine L, vine R

1-4            Step L to L side, touch R next to L; step R to R side, touch L next to R  
&5-8        Step out-out L, R (weight on R), bump to L 3x leaning to L with weight ending on L on count 8

## DANCE:

### Set 1: Walk Forward, Skate, ¼ Left, Side Step, Touch Behind, Side Step, Touch Behind

1-4            Walk forward R, L, skate forward on R, skate into ¼ turn L  
5-8            Step R to R side, touch L behind R (weight remains on R); step L to L side, touch R behind L  
(Styling: for counts 5-8: slightly bend down as you step to sides and bring arms out to side parallel to floor; as you touch behind, cross arms in front of you)

### Set 2: Mash Potato Traveling Back, Step Back, Touch Heel Forward, Hold, Step Forward, Toe Touch, Step Back, Touch Heel Forward

&1            Turn toes in and raise up on toes (heels will turn out), step back on R as you bring heels down and inwards (weight on R)  
&2            Turn toes in and raise up on toes (heels will turn out), step back on L as you bring heels down and inwards (weight on L)  
&3            Turn toes in and raise up on toes (heels will turn out), step back on R as you bring heels down and inwards (weight on R)  
&4            Turn toes in and raise up on toes (heels will turn out), step back on L as you bring heels down and inwards (weight on L)

### (Option to mash potatoes: walk back R, L, R, L)

&5-6        Step back on R, touch L heel forward, hold  
&7&8        Step L next to R, touch R next to L, step back on R, touch L heel forward

### Set 3: Dorothy Steps Forward, ¼ Turn Right Dorothy Steps, Step Forward, ¾ Turn Right, Hips Bumps Left, Right, Left

1,2&        Step forward on L, step lock R behind L, step forward on L  
3,4&        Step ¼ turn R forward on R, step lock L behind R, step forward on R  
5-6        Step forward on L, turn ¾ turn R as step R to R side  
7&8        As you lean to L side, bump hips L, R, bumps L with weight ending on L

### Set 4: Side Point, ¼ Turn Right Kick, Back Coaster Step; Side Points, ¼ Turn Right Side Points

1-4            Point R to R side, turn ¼ R as you kick R forward, step back on R, step L next to L, step forward on R  
5&6        Point L to L side, step L next to R, point R to R side  
&7&8        Step R next to L turning ¼ R, point L to L side, step L next to R, point R to R side

### One Time tag here at the 3 o'clock wall :

& 1-2        Step down on R next to L, step L to L side, hold  
& 3-4        Step R next to L, rock L to L side, recover on R  
& 5-6        Step down on L next to R, step R to R side, hold

& 7-8            Step L next to R, rock R to R side, recover on L

**Start again and have fun!**

**Last Update - 15 Sept. 2020**

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