

Calling U

拍數: 32 牆數: 0 級數: Intermediate Pop Hip Hop
編舞者: Julie Carr (UK) - April 2008
音樂: Callin' U - Outlandish : (Album: Closer Than Veins, iTunes)



Back cross back step, side cross R ¼ turn, R ½ Turn right.

- 1&2 Step right foot back, cross left foot over right, step back diagonal on right foot
3&4 Step left foot to left cross right over left make a ¼ turn right as you step back onto left.
 3oclock
5-6 Make ¼ turn right as you step on to right foot, then make a furthe1/2 turn right stepping onto
 left foot. Face front.
7-8 Two slow hips sways right then left
& (Sweeping right foot out ready for sailor step) slow

Right sweeping sailor & left sailor ¼ turn, Runs forward, Run back .

- 1&2 Make a slow right sailor step
&3&4 Sweeping left foot out Make a left ¼ turn sailor step . slow
5&6 Run forward R L lean forward on right foot like you have been hit in stomach, slight hold
 leaving left toes on the ground
7&8 Run back L R L. small step

Funky walks back, R sailor Sailor ¼ turn Hip rolls modified sailor

- 1-2 Make two funky walks back R L. (Slide feet along ground
3&4 Make right ¼ turn right, modified sailor rolling knee out & round to right leaving left foot on
 ground, knees bent (alternative normal sailor turns)
5&6 Modified Left ½ sailor turn . (same as right sailor above.)
7-8 Two right hip rolls, Roll right hip up & out to right (press down onto right foot)

R Coaster step, full turn left, coaster touch kick & cross step

- 1&2 Right coaster step
3-4 Make 1/2 turn left as you step forward on to L 1/2 turn left as you step back on R.
5&6 Left coater touch, touch left foot out to left
7-8 Kick left foot out diagonal side. then cross over & step onto it over R Weight on left.

Ready to start dance again.

The music fades away in places just dance through it.

This is a real cool track. Please put your own style & attitude into it.

Hope you enjoy
