

Call Me Up

拍數: 58 牆數: 4 級數: Intermediate
編舞者: Vera Kuiper (NL) - November 2012
音樂: Just Call Me by The Overtones



Dance starts after 16 counts.

Touch & Hip, Touch & Touch Hip, Hip & hip 2x

- 1 RF touch toe forward and bump hip forward
- & RF step next to LF
- 2 LF touch toe forward and bump hip forward
- & LF step next to RF
- 3 RF touch toe forward and bump hip forward
- & Bump right hip back
- 4 Bump right hip forward
- & RF step next to LF
- 5 LF touch toe forward and bump hip forward
- & LF step next to RF
- 6 RF touch toe forward and bump hip forward
- & RF step next to LF
- 7 LF touch toe forward and bump hip forward
- & Bump left hip backwards
- 8 Bump left hip forward

Touch out, Step Touch out, Step, Coaster step 2x

- 1 RF touch toe out (a little low in the knees and stretch your R hand diagonal in front off L knee).
- & RF step next to LF
- 2 LF touch toe out (a little low in the knees and stretch your L hand diagonal in front of R knee)
- 3 LF step backwards
- & RF step next to LF
- 4 LF step forward
- 5 RF touch toe out (a little low in the knees and stretch your R hand diagonal in front of L knee)
- & LF step next to RF
- 6 RF touch toe out (a little low in the knees and stretch your L hand diagonal in front of R knee)
- 7 LF step backwards
- & RF step next to LF
- 8 LF step forward

Jazz box 1/4 turn right with holds

- 1 RF cross over LF
- 2 Hold
- 3 LF step backwards
- 4 Hold
- 5 RF step 1/4 turn right step forward
- 6 Hold
- 7 LF step forward
- 8 Hold

Rock step, Sailor cross 1/2 turn right, In lock, Lockstep

- 1 RF rock forward

- 2 Rock back on LF
- 3 RF cross behind LF
- & LF 1/2 turn right step to the side
- 4 RF cross over LF
- 5 LF step forward
- 6 RF lock behind LF
- 7 LF step forward
- & RF lock behind LF
- 8 LF step forward

Rock step, Sailor cross 3/4 turn right, Run, Run, Run.

- 1 RF rock forward
- 2 Rock back on LF
- 3 RF cross behind LF
- & LF 3/4 turn right step to the side
- 4 RF cross over LF
- 5 LF run forward
- 6 RF run forward
- 7 LF run forward
- 8 Hold

Monterey turn 1/2 right, Monterey turn 1/4 right.

- 1 RF touch toe out
- 2 RF turn 1/2 right and step next to LF
- 3 LF touch toe out
- 4 LF step next to RF
- 5 RF touch toe out
- 6 RF turn 1/4 right step next to LF
- 7 LF touch toe out
- 8 LF step next to RF

Dorothy steps, Rock step, full turn , 1/2 turn right

- 1 RF step diagonal forward
- 2 LF cross behind RF
- & RF step diagonal forward
- 3 LF step diagonal forward
- 4 RF cross behind LF
- & LF step forward
- 5 RF rock forward
- 6 Rock back on LF
- 7 RF 1/2 turn right step forward
- & LF 1/2 turn right step backwards
- 8 RF 1/2 turn right step forward

Coaster step

- 1 LF step backwards
- & RF step next to LF
- 3 LF step forward

RESTART: Dance wall 2 till count 50 First Dorothy steps your weight is then LF and start over

RESTART: Dance Wall 5 till count 44 and start over

Have fun

Contact: verakuipe1@gmail.com
