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### Callin' From The Heart

64 count, 1 wall, Intermediate level Choreographer: Michele Burton (USA) May 2001 Choreographed to: Operator by Manhattan Transfer, CD: The Best of (120 bpm); Absolutely Everybody by Vanessa Amorosi; Hey Baby by Alabama

Fast forward to 38 seconds into the introduction

1 – 8 S	TEP KICK SIDE,	<b>CROSS BALL</b>	<b>CHANGE -</b>	REPEAT
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- 1 2 Step forward on right; Kick left foot to left (low)
- 3 & 4 Cross left over right; Step right on ball of right foot; Return weight to left foot
- 5 6 Step forward on right; Kick left foot to left (low)
- 7 & 8 Cross left over right; Step right on ball of right foot; Return weight to left foot

#### 9 - 16 STEP TOUCH, SIDE BODY ROLL w/1/4 turn rt , ROLLING 3/4, SHUFFLE RIGHT

- 1 4 Step forward on right; Touch left to left side; Body roll side left, turning1/4 right (sit on left hip, right knee popped)
- 5 6 Step right foot in place; Turn ½ right and step left back
- 7 & 8 Turn ¼ right and step right; Step left beside right; Step right foot to right (shuffle right)

#### 17 - 24 SAILOR STEP, ½ TURN SAILOR, SHUFFLE FORWARD, STEP ½ PIVOT

- 1 & 2 Cross step left foot behind right; Step right beside left; Step left foot to left
- 3 & 4 Dig ball of right foot behind left (beginning ½ turn to right on ball of right foot); Step left beside right (facing ¼ right of front wall); Step right beside left (finishing another ¼ turn right facing back wall)
- 5 & 6 Step forward on left foot; Step right foot beside left; Step forward on left foot
- 7 & 8 Step forward on right foot; ½ pivot left, shifting weight to left foot

# 24 – 32 STEP ½ PIVOT left, 3/4 TURN (left) TOUCH, STEP BACK x 3, COASTER STEP (this ½ pivot ¾ turn is quite slow – no need to rush either turn – use the ½ pivot to gain momentum for the ¾ turn)

- 1-2 Step forward on right foot;  $\frac{1}{2}$  pivot left, shifting weight to left foot
- 3 4 Continue turning to the left ¾ turn on ball of left foot (tap R foot behind left heel at end of count 3); Step back on right

  An easier option is a triple step ¾ turn for counts 3 4
- 5-6 Step back on left foot; Step back on right foot
- 7 & 8 Step back on left foot; Step right beside left; Step left forward

#### 33 - 40 STEP TOUCH, STEP TOUCH, STEP TOUCH, STEP TOUCH into 1/2 TURN LEFT

- 1 2 Step forward on right foot; Touch left foot to left (the low book on the head look bend the right knee/stretch the left touch)
- 3 4 Step forward on left foot; Touch right foot to right
- 5-6 Step forward on right foot; Touch left foot to left
- 7 8 Step left ¼ turn left (try a body roll if you like); Turn ¼ left on ball of left and touch right next to left

### $41-48\,$ TOUCH RIGHT, TOUCH CENTER, ROLL INTO BALL HEEL RIGHT, CROSSOVER SYNCOPATED VINE

- 1 –2 Touch right foot to right; Touch right foot beside left
- 3 4 Push right hip to right, stepping to right, pressing ball of right foot to floor; Drop right heel to floor, placing wt. on right foot
- 5&6& Cross left over right; Step right side right; Cross left behind right; Step right side right
- 7&8& Cross left over right; Step right side right; Cross left behind right; Step right side right If it feels better to do all the crosses in front.....go for it

## $49-56\,$ CROSS BODY ROCK RETURN, TRIPLE STEP FULL TURN (left), ROCK STEP FORWARD, SHUFFLE BACK

- 1-2 Cross rock on left foot, in front of right foot; Return weight to right foot
- 3 & 4 Step into ¼ turn left on left foot; Step into ¼ turn left, stepping on right; Step into ½ turn left on left foot
- 5 6 Rock forward on right foot; Return weight to left foot
- 7 & 8 Step back on right foot; Step left beside right; Step back on right foot

### 57 - 64 STEP BACK TOUCH, STEP IN PLACE TOUCH, 1 1/4 PADDLE TURN LEFT

- 1 2 Step back on left (nice big sliding step); Touch right ball of foot beside left (bring arms up and snap on cts 2 & 4- your styling)
- 3 4 Step right slightly forward; Touch left foot beside right (angle body slightly right)
- 5 & 6 Step left foot into ¼ turn left; Step on ball of right foot; Return weight to left foot, making ¼ turn left (airplane arms)
- &7&8 Step on ball of right foot; Return weight to left foot, making 1/4 turn left; Step on ball of right foot; Return weight to left foot, making 1/2 turn left. Think of this as "step, rock, step, r

step," turning a little bit each time until you have turned all the way around in one spot to face the same wall you started the dance