



CALLIN' FROM THE HEART

Description: 64 ct.: One wall line dance **Difficulty:** Intermediate **REVISED** 1/1/01
Choreographer: Michele Burton Phone/fax 530 824-6888 **e-mail:** mburton@dm-tech.net
Suggested Music: Operator Artist: Manhattan Transfer CD The Best of Manhattan Transfer bpm: 120
 Fast forward to 38 seconds into the introduction ©
 Absolutely Everybody by: Vanessa Amorosi Hey Baby by: Alabama

Web Access: www.linedancefun.com

1 - 8 STEP KICK SIDE, CROSS BALL CHANGE - REPEAT

- 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, turning 1/4 right (sit on left hip, right knee popped)
 5 - 6 Step right foot in place; Turn 1/2 right and step left back
 7 & 8 Turn 1/4 right and step right; Step left beside right; Step right foot to right (shuffle right)

17 - 24 SAILOR STEP, 1/2 TURN SAILOR, SHUFFLE FORWARD, STEP 1/2 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 1/2 turn to right on ball of right foot); Step left beside right (facing 1/4 right of front wall); Step right beside left (finishing another 1/4 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; 1/2 pivot left, shifting weight to left foot

24 - 32 STEP 1/2 PIVOT left, 3/4 TURN (left) TOUCH, STEP BACK, STEP BACK, STEP BACK, COASTER STEP

(this 1/2 pivot 1/4 turn is quite slow - no need to rush either turn - use the 1/2 pivot to gain momentum for the 3/4 turn)

- 1 - 2 Step forward on right foot; 1/2 pivot left, shifting weight to left foot
 3 - 4 Continue turning to the left 3/4 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 3/4 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, 1/2 TURN LEFT TOUCH

- 1 - 2 Step forward on right foot; Touch left foot to left *(the low look 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 1/4 turn left *(try a body roll if you like)*; Turn 1/4 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 left foot
 3 & 4 Step into 1/4 turn left on left foot; Step into 1/4 turn left, stepping on right foot; Step into 1/2 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; Swivel 1/8 on ball of right foot while bringing left foot to touch beside right
 5 & 6 Step left foot into 1/4 turn left; Step on ball of right foot; Return weight to left foot, making 1/4 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, rock, step, rock, 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

BEGIN AGAIN