



# Callin' From The Heart

**Description:** 64 ct.: One wall line dance      **Difficulty:** Intermediate      *Step sheet revised 1/15/2010*  
**Choreographer:** Michele Burton *Phone/fax 530 824-6888*      *e-mail: mburtonmb@sbcglobal.net*  
**Suggested Music:** *Operator* Artist: Manhattan Transfer CD *The Best of Manhattan Transfer* bpm: 120  
*Fast forward to 38 seconds into the introduction ☺*  
**Web Access:** <http://www.MichaelandMichele.com>

## **1 – 8 STEP KICK ~ CROSS BALL CHANGE ~ STEP KICK ~ CROSS BALL CHANGE**

1 - 2 Step forward on R foot; Kick L foot to left (low)  
 3 & 4 Step L foot in front of R foot; Step side right on ball of R foot; Return wt. to L foot  
 5 - 6 Step forward on R foot; Kick L foot to left (low)  
 7 & 8 Step L foot in front of R foot; Step side right on ball of R foot; Return wt/ to L foot 12:00

## **9 - 16 STEP POINT, SIDE BODY ROLL TOUCH ~ ¼ TURN, ½ TURN ~ ¼ TRIPLE RIGHT**

1 - 4 Step forward on R; Point L toe side left; Body roll side left, taking wt. to L foot; Touch R in place, popping R knee  
 5 - 6 Turn ¼ R, stepping forward on R; Turn ½ right, stepping back on L foot  
 7 & 8 Turn ¼ right, stepping R side right; Step L foot beside R foot; Step R foot side right (triple right) 12:00

## **17 – 24 SAILOR STEP ~ SAILOR ½ TURN ~ TRIPLE FORWARD ~ FORWARD ½ PIVOT**

1 & 2 Cross step L foot behind R; Step R foot beside L; Step L foot side left  
 3 & 4 Step ball of R foot behind L; Turn ¼ R, stepping L in place; Turn ¼ R, stepping R forward 6:00  
 5 & 6 Step forward on L foot; Step R foot beside L; Step forward on L foot  
 7 - 8 Step forward on R foot; ½ pivot left, shifting weight to L foot 12:00

## **24 – 32 FORWARD ½ PIVOT ~ TAP TURN STEP (3/4) ~ BACK, BACK ~ COASTER STEP**

1 - 2 Step forward on R foot; ½ pivot left, shifting weight to L foot 6:00  
 3 - 4 Continue turning left ¾ turn on ball of L foot (tap R foot behind L heel at end of count 3); Step back on R foot  
*(An easier option is a triple step ¾ turn for counts 3 & 4)* 9:00  
 5 - 6 Step back on L foot; Step back on R foot  
 7 & 8 Step back on L foot; Step R foot beside L; Step forward on L foot 9:00

## **33 – 40 POINT STEP ~ POINT STEP ~ POINT STEP ~ POINT ½ TURN (Monterey) STEP**

1 - 2 Point R toe side right; Step forward on R foot  
 3 - 4 Point L toe side left; Step forward on L foot  
 5 - 6 Point R toe side right; Step forward on R foot  
 7 - 8 Point L toe side left; Turn ½ left stepping left next to right 3:00

## **41 – 48 POINT RIGHT, TOUCH CENTER ~ TOE STRUT RIGHT ~ SYNCOPATED WEAVE**

1 - 2 Point R toe to right; Touch R toe beside L foot  
 3 - 4 Touch R toe side right; Drop R heel, taking wt. to R foot (*styling: hip roll right with toe touch on ct. 3*)  
 5&6& Cross L foot over R; Step R foot side right; Cross L foot behind R; Step R foot side right  
 7&8& Cross L foot over R; Step R foot side right; Cross L foot behind R; Step R foot side right 3:00

## **49 – 56 CROSS ROCK ~ TRIPLE STEP (left) ~ ROCK RETURN ~ TRIPLE BACK**

1 - 2 Cross rock L foot in front of R foot; Return weight to R foot  
 3 & 4 Step L foot side left; Step R foot beside L; Step L foot side left (*harder variation for all you whirlybirds: full turn triple left*)  
 5 - 6 Rock forward on R foot; Return weight to L foot  
 7 & 8 Step back on R foot; Step L foot beside R; Step back on R foot 3:00

## **57 – 64 STEP BACK TOUCH ~ STEP IN PLACE TOUCH ~ 1 ¼ PADDLE TURN LEFT**

1 - 2 Step back on L foot (*nice big step*); Touch R toe beside L foot (*bring arms up and snap on ct. 2 - your styling*)  
 3 - 4 Step forward on R foot; Touch L toe beside right foot (*bring arms up and snap on ct. 4 - your styling*)  
 5 & 6 Step L foot into ¼ turn left; Step on ball of R next to left; Return weight to L foot, making ¼ turn left (*airplane arms*)  
 &7&8 Step on ball of R next to left; Return wt. to L foot, making 1/4 turn left; Step on ball of R foot; Return wt. to L foot, making 1/2 turn left. 12:00  
*Think of this as “step, ball, step, ball, step, ball, 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**