

Calorie

LINEDANCE.COM

Count: 64 **Wall:** 4 **Level:** Phrased Beginner +

Choreographer: Angéline FOURMAGE (10 february 2020 - Fr)

Music: Calorie (□□)) by Rocket Girl 101 ((□□□□ 101)

Sequence : A-16-A-A-B-B-20-A-A-B-B-A-Tag-B-B-A

Start : 16 sec approximately

Part A (32 Counts)

[1-8] Walk, Together, Point, Together, Point, Together

1-2RF FW, LF FW

364RF FW, LF next to LF

5-6 Point RF to the R side, RF next to LF

7-8 Point LF to the L side, LF next to RF

[9-16] Walk, Together, Point, Together, Point, Together

1-2RF FW, LF FW

364RF FW, LF next to LF

5-6 Point RF to the R side, RF next to LF

7-8 Point LF to the L side, LF next to RF

[17-24] Vine ¼ R, Forward, Stomp Up, Hitch, Stomp Up, Hitch

1-2RF to the R side, Cross LF behind RF

3-4 Make ¼ R with RF FW, LF FW

5-6 Stomp Up to R side, R Hitch FW

7-8 Stomp Up to R side, R Hitch FW

[25-32] Side, Hitch, Stomp Up, Hitch, V-Step, Touch

1-2RF to R side, L Hitch FW

3-4 Stomp Up to L side, L Hitch FW

5-6LF FW on L diagonal, RF FW on R diagonal

7-8LF Back, Touch RF next to LF

Part B (32 Counts)

[1-8] Side, Touch, Side, Touch, Side, Touch, Hip Push, Side, Touch, Side, Touch, Side, Touch, Hip Push

&1&2&RF to R side, Touch LF next to RF, LF to the L side, Touch RF next to LF

3&4& Touch LF next to RF, Push L Hip Up, Push L Hip Down, LF to L side

5&6& Touch RF next to LF, RF to the R side, Touch LF next to RF

7&8 Touch RF next to LF, Push R Hip Up, Push R Hip Down

[9-16] Side, Kick, $\frac{1}{4}$ L, Kick, Side, Kick, Side, $\frac{1}{4}$ L, Kick

1-2RF to R side, L Kick before RF

3-4 Make $\frac{1}{4}$ L with LF FW, R Kick before LF

5-6RF to the R side, L Kick before RF

7-8 Make $\frac{1}{4}$ L with LF FW, R Kick before LF

[17-24] Step-turn $\frac{1}{2}$ L, Walk, Mambo, Mambo

1-2RF FW, Make $\frac{1}{2}$ L (Weight is LF)

3-4RF FW, LF FW

5&6RF FW, Recover to LF, RF Back

7&8LF Back, Recover to RF, LF FW

[25-32] Step-turn $\frac{1}{2}$ L, Walk, Mambo, Mambo

1-2RF FW, Make $\frac{1}{2}$ L (Weight is LF)

3-4RF FW, LF FW

5&6RF FW, Recover to LF, RF Back

7&8LF Back, Recover to RF, LF FW

Tag : 4 counts ; V-Step

1-2RF FW on R diagonal, LF FW on L diagonal

3-4RF Back, LF next to RF

Smile and enjoy the dance

Contact: maellynedance@gmail.com