

Cantaloop

Choreographed by: Doug & Jackie Miranda

(REVISED : August 2019)

32 Count, 4 Wall Intermediate Line Dance

One 8-count tag

Music: Cantaloop by Us3 Time: 3:41

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Introduction: Someone will be speaking, introducing the song; do this easy 32 count introduction after you hear the distinct drum beat:

1-8 Vine R, vine L

1-4 Step R to R side, touch L next to R; step L to L side, touch R next to L

&5-8 Step out-out R, L (weight on L), bump to R 3x leaning to R with weight ending on R on count 8

Repeat the above 16 counts but reversing footwork:

1-8 Vine L, vine R

1-4 Step L to L side, touch R next to L; step R to R side, touch L next to R

&5-8 Step out-out L, R (weight on R), bump to L 3x leaning to L with weight ending on L on count 8

Set 1 Walk Forward, Side Step, Touch Behind, Side Step, Touch Behind

1-4 Walk forward R, L, skate forward on R, skate forward L

5-8 Step R to R side, touch L behind R (weight remains on R); step L to L side, touch R behind L

(Styling: for counts 5-8: reach up with both arms on count 5, bring R arm down on 6 snapping fingers, reach up with both arms count 7, bring L arm down on count 8 snapping fingers)

Set 2 Mash Potato Traveling Back, Step Back, Touch Heel Forward, Hold, Heel Switches

&1 Turn toes in and raise up on toes (heels will turn out), step back on R as you bring heels down and inwards

(weight on R)

&2 Turn toes in and raise up on toes (heels will turn out), step back on L as you bring heels down and inwards

(weight on L)

&3 Turn toes in and raise up on toes (heels will turn out), step back on R as you bring heels down and inwards

(weight on R)

&4 Turn toes in and raise up on toes (heels will turn out), step back on L as you bring heels down and inwards

(weight on L)

(Option to mash potatoes: walk back R, L, R, L)

&5-6 Step back on R, touch L heel forward, hold

&7&8 Step L next to R, touch R heel forward, step R next to L, touch L heel forward

Set 3 Dorothy Steps Forward, ¼ Turn Right Dorothy Steps, Step Forward, ½ Turn Sweep Around, Right, Step Behind, Side, Cross

&1,2& Step down on L, step forward on R, step lock L behind L, step forward on R
3,4 & Turn ¼ L stepping forward on L, , step lock R behind L, step forward on L
5-6 Step forward on R, sweep L foot into 1/2 turn L
7&8 Step L behind R, step R to R side, cross L over R

Set 4 Point Side, ¼ Turn Right Kick, Back Coaster Step; ¼ Turn Side Points

1-2 Point R to R side, turn ¼ R as you kick R forward,
3&4 Step back on R, step L next to L, step forward on R
5&6 Point L to L side, step L next to R, point R to R side
&7&8 Step R next to L, turn ¼ L and point L to L side, step L next to R, point R to R side

One TIME tag HERE: This will occur at the 9 o'clock wall after completing the first wall:

&1-2 Step R next to L for & count, step L out to L side for count 1 (feet are apart, with weight on L), hold on count 2
&3-4 Step R next to L on & count, rock L to L side, recover on R on count 4
&5-6 Step L next to R for & count, step R to R side for count 5, hold for count 6
&7-8 Step L next to R on & count, rock R to R side, recover on L on count 8