

# Cantaloop

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32 Count, 4 Wall Intermediate Line Dance

One 8-count tag

Music: *Cantaloop* by Us3 Time: 3:41

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, Skate, ¼ Left, Side Step, Touch Behind, Side Step, Touch Behind**

1-4 Walk forward R, L, skate forward on R, skate into ¼ turn 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: slightly bend down as you step to sides and bring arms out to side parallel to floor; as you touch behind, cross arms in front of you)

## **Set 2 Mash Potato Traveling Back, Step Back, Touch Heel Forward, Hold, Step Forward, Toe Touch, Step Back, Touch Heel Forward**

&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 next to L, step back on R, touch L heel forward

## **Set 3 Dorothy Steps Forward, ¼ Turn Right Dorothy Steps, Step Forward, ¾ Turn Right, Hips Bumps Left, Right, Left**

1,2& Step forward on L, step lock R behind L, step forward on L

3,4& Step ¼ turn R forward on R, step lock L behind R, step forward on R

5-6 Step forward on L, turn ¾ turn R as step R to R side

7&8 As you lean to L side, bump hips L, R, bumps L with weight ending on L

## **Set 4 Side Point, ¼ Turn Right Kick, Back Coaster Step; Side Points, ¼ Turn Right 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 turning ¼ R, point L to L side, step L next to R, point R to R side

## **Start again and have fun!**

One EASY tag: This will occur to the second wall (at the 3 o'clock wall); after finishing last 4 counts of dance, step R next to L for & count, step L out to L side for count 1 (feet are apart, with weight on L), hold and clap on counts 2,4,6,8. Then simply start again !