

# Contact

LINEDANCE.COM

**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** William Sevone . Nov 2016

**Music:** Contact ... Edwin Starr (iTunes/Amazon many compilations)(132 bpm)

**Highly Recommended Alternate Music #1:- "I Cant Help Myself" (140bpm)... Donnie Elbert**

**Highly Recommended Alternate Music #2:- "My man, a sweet man" (144 bpm)...Millie Jackson**

**Choreographers note:- No Phrasing, Tags or Restarts - Just go for it & have fun. ('Sweet Thing'- with variances)**

**Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.**

**Dance starts on the vocals, feet together and weight on the left.**

**S1: 2x Soft Shoe Shuffle (detailed at foot of script). Walk Fwd: R-L. Rock. Recover (12:00)**

**1& 2(On the spot) Step right slightly in front of left, step left back slightly, slide right back to left toe.**

**3& 4(On the spot) Step left slightly in front of right, step right back slightly, slide left back to right toe.**

5 - 6            Walk forward: Right. Left.

7 - 8            Rock forward onto right. Recover onto left.

**S2: 1/4 Chasse. 1/2 Chasse. 1/4 Bwd Rock. Recover. Cross. Bwd (12:00)**

9& 10           Turn  $\frac{1}{4}$  right & Chasse right (RL-R) (3)

11& 12           Turn  $\frac{1}{2}$  right & Chasse left (LR-L) (9)

13 - 14           Turn  $\frac{1}{4}$  right & rock backward onto right. Recover onto left.

15 - 16           Cross right over left. Step backward onto left.

**S3: 2x Fwd Shuffle. Rock. Recover. Side Rock. Recover (12:00)**

- 17& 18** Shuffle forward (RL-R)  
**19& 20** Shuffle forward (LR-L)  
**21 - 22** Rock forward onto right. Recover onto left .  
**23 - 24** Rock right to right side. Recover onto left.

### **S4: 3x Sailor. 3/4 Toe. Heel Drop-Arc (3:00)**

**(The following Sailors are moving backward )**

- 25& 26** Step right behind left, step left to left side, step right slightly backward.  
**27& 28** Step left behind right, step right to right side, step left slightly backward.  
**29& 30** Step right behind left, step left to left side, step right slightly backward.  
**31 - 32** Turn  $\frac{3}{4}$  left & step forward onto left toe. Drop left heel & arc right foot forward (ready for count 1).

### **DANCE NOTE**

**A (Left) Soft Shoe Shuffle - in detail.**

**1.Step the left foot in front of the right (the heel of the left is almost touching the toe of the right)**

**&.Step backward onto the right foot.**

**2.Slide/step the left backward towards the right - to a foot position identical to count 1.**