# **School Dance Styles**

Ecole de Danse

#### **NO SIGNAL**

Count: 84 Wall: 1 Level: Phrased Advanced Choreographer: Fred Whitehouse (IRE) - March 2025 Music: Don't Call Me Up – Madism

Intro: 4 count intro from word 'Please'. App. 6 secs. into track. Start with weight on L foot

Restart: During 3rd A you restart into A after count 16.

Note: During 4th A you drop counts 33-36 and go straight into your B part

### Sequence: ABC, ABC, A (16), A (32), B, Ending

A Part: 36 counts, Tango and Paso double styles

#### [1 – 7] Back R, hook L, fwd L, <sup>1</sup>/<sub>2</sub> L, back L, hook R, cross

1–2 Step back on R (1), hook L in front of R (2) ...

Arms: bring R arm up above head bent at elbow with palm of R hand facing the front AND L arm in front of chest bent at elbow with palm of L hand facing the front - 12:00

3-4 Step fwd on L (3), turn ½ L stepping back on R (4) ... Note: bring arms down 6:00
5-6 Step back on L (5), hook R in front of L (6) ...

Arms: bring L arm up above head bent at elbow with palm of L hand facing the front AND R arm in front of chest bent at elbow with palm of R hand facing the front - 6:00 7 Cross R in front of L (7) ...

Arms: start to bring L arm down to chest height keeping arm bent at elbow and with L palm turned out 6:00

## [8 – 16] L side rock, cross, R side rock, cross, unwind $^{1\!\!/_2}$ L, whip hands down up down to RL

8–1 Rock L to L side (8), recover on R (1) ... Arms: move L arm from L to R on counts 8-1 (R arm should naturally move behind your back) 6:00

2-3-4 Cross L over R (2), rock R to R side (3), recover on L (4) ...

Arms: move R arm to R and then to L side bent at elbow and with R palm turned out (L arm should naturally move behind your back) 6:00

5-6 Cross R over L (5), unwind <sup>1</sup>/<sub>2</sub> L changing weight to L (6) ...

Arms: drop down 12:00

7–8 Whip both hands down R as if wearing a cape (7), bring arms slightly up (&), whip hands down L (8) ...

Restart here the 3rd time you do A 12:00

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### [17 – 24] Weave sweep, behind, bend L & point R, recover, fwd R flick/click, rock L fwd

- 1–4 Cross R over L (1), step L to L side (2), cross R behind L slapping L hand to L side with R hand starting to sweep L to L side (3), continue sweeping L (4) 12:00
- &5 Cross L behind R (4), bend L knee pointing R foot to R side placing R hand on R knee
- 6-7-8 Straighten in L knee sliding R hand up R leg (6), step R fwd flicking L foot back and click both hands/fingers up and above shoulder height (7), rock L fwd dropping hands (8) 12:00

#### [25-32] Recover R sweep L, sit L back, look LR, full turn R,

- 1–2 Recover on R sweeping L out to L side (1), sit back on L popping R knee fwd opening body to L side placing both hands on L hip (2) 12:00
- 3-4 Look over L shoulder (3), look to the front again (4) ... Note: keep hands on hip 12:00
- 5–8 Step down on R (5), turn ½ R stepping L back (6), turn ½ R stepping R fwd (7), step L fwd (8)
- ... Note: keep hands on L hip during these counts 12:00

#### [33 – 36] Stomp R next to L, arms go up in a circle

1–4 Stomp R next to L starting to bring both arms out to the sides (1-3), place hands on top of each other and over your head with palms facing up (4) ...

Styling: keep body to L side and arch back slightly backwards over counts 1-4 - 12:00 The 4th time you do A you drop counts 33-36 and go straight into your B part

#### **B Part: 32 counts, Cha cha**

## [1 – 9] Hip bumps, back R pop L knee, step lock step, rock R fwd, behind, 3/8 L, $\frac{1}{4}$ L side R

- 1–3 Keeping body opened to L place R toes fwd bumping R hips fwd twice (1-2), step back on R popping L knee fwd towards 10:30 10:30
- 4&5 Step L fwd (4), lock R behind L (&), step L fwd (5) 10:30
- 6-7 Rock R fwd (6), recover on L sweeping R to R side (7) 10:30
- 8&1 Cross R behind L (8), turn 3/8 L stepping L fwd (&), turn ¼ L stepping R to R side (1)

## [10 – 17] Hold, ball side, Hold, ball R hip bump, L hip bump, ¼ L sit/pop knee, L step lock step

- 2&3 HOLD (2), step L next to R (&), step R to R side (3) 3:00
- 4&5 HOLD (4), step L next to R (&), step R to R side bumping hips R (5) 3:00
- 6–7 Bump hips to L side (6), turn ¼ L sitting back into R hip popping L knee fwd (7) 12:00
- 8&1 Step L fwd (8), lock R behind L (&), step L fwd (1) 12:00

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## [18 – 24] Step $\frac{1}{2}$ L, lock $\frac{1}{2}$ L, back L, together R, bend in knees and move body in a sexy way!

- 2-3 Step R fwd (2), turn ½ L stepping onto L (3) 6:00
- 4&5 Turn <sup>1</sup>/<sub>4</sub> L stepping R to R side (4), cross L over R (&), turn <sup>1</sup>/<sub>4</sub> L stepping back on R (5)
- 6–8 Walk back on L (6), step R next to L (7), bend in knees circling hips from R to L and move upper body in a sexy way (8) 12:00

## [25 – 32] Press R recover, ball press L recover, back L with R hook, walk LR, $^{1\!\!/}_{4}$ L hitch R

- 1-2 Press R toes fwd (1), recover on L (2) 12:00
- &3-4 Step R next to L (&), press L toes fwd (3), recover on R (4) 12:00
- &5 Step back on L (&), hook R in front of L knee (5) 12:00
- 6-7-8 Walk R fwd (6), walk L fwd (7), turn ¼ L on L hitching R knee (8) 9:00

#### C Part: 16 counts, nightclub

#### [1 – 7] Lunge R, 1<sup>1</sup>/<sub>4</sub> L sweep, cross side 1/8 R, reverse <sup>1</sup>/<sub>2</sub> R X2, back R sweep L

- 1 Lunge R to R side keeping L leg straightened (1) 9:00
- 2&3 Turn ¼ L stepping L fwd (2), turn ½ L stepping R back (&), turn ½ L stepping L fwd and sweeping R fwd at the same time (3) 6:00
- 4& Cross R over L (4), step L to L side turning body 1/8 R (&) 7:30
- 5&6& Turn ½ R on L pressing R fwd (5), recover on L (&), turn ½ R on L pressing R fwd (6), recover on L (&) 7:30
- 7 Step back on R sweeping L out to L side (7) 7:30

### [8 – 16] Behind 1/4 hitch R, back R, 3/8 L fwd, out RL, back RL, 1/4 R basic nc, 1/4 R, full turn R

- 8&1 Cross L behind R (8), turn ¼ R stepping R into R diagonal (&), step L fwd hitching R knee (1)10:30
- 2&3& Step back on R (2), turn 3/8 L stepping L fwd (&), step R out to R side (3), step L out to L side (&) 6:00
- 4& Step back on R (4), step back on L (&) 6:00
- 5–6& Turn ¼ R stepping R a big step to R side (5), close L behind R (6),
- cross R over L (&) 9:00
- 7–8& Turn ¼ R stepping back on L sweeping R to R side (7), turn ½ R stepping R fwd (8), turn ½ R stepping back on L (&) ... Styling for counts 8&: Do pique turns when turning ½ turns 12:00

Ending Finish your last B facing 9:00. Then turn ¼ R stepping R fwd to 12:00 doing a hush hush sign with R index fingers up to mouth 12:00

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