

# This Is Us

Count: 48

Wand: 4

Ebene: Improver social cha

Choreograf/in: Sharon Kendrick (UK) & Paul Farrugia (UK)

Musik: This Is Us - Mark Knopfler & Emmylou Harris



## 2 LOCK STEPS FORWARD, 2 WALKS BACK AND COASTER STEP

- 1&2 Step left forward lock right behind left step left forward  
3&4 Step right forward lock left behind right step right forward  
5-6 Step back on left, step back on right  
7&8 Step left back step right beside left step left forward

## EXTENDED WEAVE, SIDE ROCK RECOVER, CROSS SHUFFLE, ¾ SHUFFLE LEFT TURN

- 1&2 Cross right over left, step left to left side cross right behind left  
&3&4 Step left to left side cross right over left, rock out left to left side and recover onto right  
5&6 Cross left over right and cross shuffle  
7&8 ¼ turn left stepping back on right, ½ turn left stepping on left, step forward right

## MAMBO FORWARD, MAMBO BACK, LEFT ¼ TURN ½ TURN ¼TURN SIDE SHUFFLE

- 1&2 Rock forward left, recover back on right, step left next to right  
3&4 Rock back right, recover forward on left, step right next to left  
5-6 ¼ turn left stepping on left, ½ turn left stepping back on right  
7&8 ¼ turn left stepping left to left side, step right next to left, step left to left side

## KICK BALL CHANGE AND 2 TOE STRUTS TWICE

- 1&2 Kick right forward, step right next to left, step left  
3&4& Step forward on right toe, drop right heel, step forward left toe, drop left heel  
5&6 Kick right forward, step right next to left, step left  
7&8 Step forward on right toe, drop right heel, step forward left toe, drop left heel

## 2 X HEEL HOOK, BACK SHUFFLE, 2 X HEEL HOOK, FORWARD SHUFFLE

- 1&2& Point right heel forward, hook right foot across left leg, point right heel forward, hook right foot across left leg  
3&4 Step back on right, step left next to right, step back on right  
5&6 Point left heel forward, hook left foot across right leg, point left heel forward, hook left foot across right leg  
7&8 Step forward left, step right next to left, step forward left

## STEP ½ TURN, SHUFFLE ½ TURN, COASTER STEP, STEP TOUCH

- 1-2 Step forward on right, left ½ turn weight onto left  
3&4 Turning ¼ left stepping onto right, turning ¼ turn left stepping left next to right, step right slightly back  
5&6 Step back on left, step right next to left, step forward left  
7-8 Step forward right, touch left next to right

**REPEAT**