

Sisterheart

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Phil Carpenter (UK)

Music: Sisterheart - The Senti-Mentals



RIGHT TOE TOUCH & KICK FORWARD, RIGHT TOE TOUCH SWIVEL ¼ RIGHT & KICK RIGHT FORWARD, RIGHT STEP BACK ½ TURN LEFT, TRIPLE ½ TURN LEFT

- 1-2 Right touch beside left, right kick forward towards left diagonal
- 3-4 Right touch beside left, on the ball of left swivel ¼ right & kick right forward
- 5-6 Right step back beyond left, turn ½ left & step left forward
- 7&8 Triple ½ turn left stepping right left right

LEFT ROCK BACK & RECOVER, FULL TURN RIGHT, LEFT SHUFFLE FORWARD, RIGHT TOE & HEEL TOUCHES WITH BODY SWIVELS

- 9-10 Left step back, recover weight on right
- 11 On ball of right pivot ½ turn right while stepping back on left
- 12 On ball of left pivot ½ turn right while stepping forward on right
- 13&14 Left step forward, right step beside left, left step forward
- 15 Touch right toe to left instep & on ball of left swivel body to left
- 16 Touch right heel to left instep & on ball of left swivel body to right

WITH STYLING: RIGHT CROSS, LEFT TOE & HEEL TOUCHES & CROSS TURNING 1/6 RIGHT, RIGHT TOE & HEEL TOUCHES & CROSS TURNING 1/6 RIGHT, LEFT TOE TOUCH

- 17 Right cross over left & on ball of left swivel body to left
- 18 Touch left toe to right instep & on ball

WITH STYLING: LEFT HEEL TOUCH & CROSS TURNING 1/6 RIGHT, RIGHT SHUFFLE FORWARD, FULL TURN RIGHT, LEFT SHUFFLE FORWARD

- 25 Touch left heel to right instep & on ball of right swivel body to left
- 26 Left cross over right & on ball of right swivel body to right & turn approx 1/6 to right (half turn now complete)
- 27&28 Right step forward, left step beside right, right step forward
- 29 On ball of right pivot ½ turn right while stepping back on left
- 30 On ball of left pivot ½ turn right while stepping forward on right
- 31&32 Left step forward, right step beside left, left step forward

REPEAT

TAG

At the end of wall ten, after step 32 continue with a shuffle/chasse box as follows:

- &1&2 On ball of left turn ¼ left & chasse right
- &3&4 On ball of right turn ¼ left & chasse left
- &5&6 On ball of left turn ¼ left & chasse right
- &7&8 On ball of right turn ¼ left & chasse left

To assist the dancers to pick up this tag, wall 10 is the first wall of vocals after the instrumental section on walls 8 & 9. This tag happens only once & enables the steps to synchronize with the lyrics at the start of wall 11.