

# This Is Us

**Compte:** 64

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** David Cheshire (AUS)

**Musique:** This Is Us - Mark Knopfler & Emmylou Harris



---

## VINE RIGHT, CROSS PIVOT ½ TURN RIGHT, HEEL, TOE

- 1-4 Step right to right, step left behind right, step right to right, cross left over right  
5-8 On balls of feet pivot ½ turn right, step forward on right heel, drop right toe

## VINE LEFT, CROSS PIVOT ½ TURN LEFT, HEEL, TOE

- 9-12 Step left to left, step right behind left, step left to left, cross right over left  
13-16 On balls of feet pivot ½ turn left, step forward on left heel, drop left toe

## CROSS STEP, HOLD, ½ TURN HEEL BOUNCES, SLOW COASTER, SCUFF

- 17-20 Cross right over left, hold, unwind ½ turn left with 2 heel bounces  
21-24 Step back on left, step right next to left, step forward on left, scuff right forward

## REPEAT STEPS 17-24

- 25-28 Cross right over left, hold, unwind ½ turn left with 2 heel bounces  
29-32 Step back on left, step right next to left, step forward on left, scuff right forward

## CROSS ROCK, SIDE, HOLD, CROSS ROCK, ¼ TURN, HOLD

- 33-36 Step right across left, recover on left, step right to right, hold  
37-40 Step left across right, recover on right, turn ¼ turn left stepping left forward, hold

## STEP PIVOT ¼ TURN LEFT, STEP HOLD, STEP PIVOT ½ TURN RIGHT, STEP, HOLD

- 41-44 Step forward on right, pivot ¼ turn left, step forward on right, hold  
45-48 Step forward on left, pivot ½ turn right, step forward on left, hold

## TURN, HOLD, TURN, HOLD, STEP, LOCK, STEP, SCUFF

- 49-50 Step back on right foot turning ¼ left, hold  
51-52 Step forward on left foot turning ¼ left, hold  
53-56 Step forward on right, step left behind right, step forward on right, scuff left forward

## STEP PIVOT ½ TURN, STEP PIVOT ¼ TURN, STEP, SKATE STEPS X 3, HOLD

- 57-58 Step forward on left & pivot ½ turn right  
59-60 Step forward on left & pivot ¼ turn right  
61-64 Sweep left foot forward to the left at diagonal, repeat with right & left foot, hold

## REPEAT

---