

This Is Us

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Dyka Holland (UK) & Yvonne Holland

Musique: This Is Us - Mark Knopfler & Emmylou Harris



- 1-4 Right foot step diagonal back right, left foot touch to right foot, left foot step diagonal back left, right foot touch to left foot
- 5-8 Right foot step into ¼ turn right, left foot touch to right foot, left foot step into ¼ turn right, right foot touch to left foot
- 9-12 Right foot step right, left foot cross behind right, right foot step right, left foot cross in front of right
- 13-16 Right foot step right, left foot step into ¼ turn left, right foot step forward, hold one count
- 17-20 Left foot step diagonal forward left, right foot touch to left foot, right foot step diagonal forward right, left foot touch to right foot
- 21-24 Left foot step into ¼ turn left, right foot touch to left foot, right foot step into ¼ turn left, right foot touch to left foot
- 25-28 Left foot step left, right foot cross behind left, left foot step left, right foot cross in front of left
- 29-32 Left foot step left, right foot step into ¼ turn right, left foot step forward, hold one count
- 33-36 Right foot step right, left foot cross behind right foot, right foot step right, left foot step to right foot
- 37-40 Slow count right applejack, slow count left applejack
- Alternative: 37-40 swivets or toe fans can be substituted**
- 41-48 Repeat 33-40 leading with left foot
- 49-52 Walk forward right, left, right, hold one count
- 53-56 Bounce heels three time making ½ turn left, hold one count
- 57-60 Left foot step back, right foot step to left foot, left foot step forward, hold one count
- 61-64 Right toes touch to right, right heel forward, hook right foot under left knee, make ¼ turn left & kick right foot forward

REPEAT
