My Sister Kate



拍数: 0 墙数: 2 级数: Improver

编舞者: Mare Dodd (USA)

音乐: Wish I Could Shimmy Like My Sister Kate - Ditty Bops



Sequence: A, A&, B, A, A&, B, B, A, A&, B

PART A

GRAPEVINE RIGHT WITH HITCH: 1/4 LEFT PADDLE TURNS

1-3 Step right to right side, step left behind right, step right to right side

4 Hitch left

5-6 Touch left to left side; turn 1/8 to left

7-8 Touch left to left side; turn 1/8 to left (faces 3:00)

GRAPEVINE LEFT WITH HITCH: 1/4 RIGHT PADDLE TURNS

1-3 Step left to left side, step right behind left, step left to left side

4 Hitch right

5-6 Touch right to right side; turn 1/8 to right

7-8 Touch right to right side; turn 1/8 to right (12:00, weight on left)

MODIFIED CHARLESTON WITH COASTER STEP & HOLD

1-2 Touch right toe forward; hold one count3-4 Touch right toe back; hold one count

5-6-7 Left coaster step

8 Hold

STEP-HOLD - TURN 1/4 LEFT HOLD TWICE

1-2 Step forward on right; hold one count

3-4 Turn ¼ left; hold one count

5-6 Step forward on right; hold one count 7-8 Turn ¼ left; hold one count (facing 6:00)

PART A&

Same as Part A & add these 8 counts:

1-4 Shimmy right5-8 Shimmy left

PART B

1-24	Same as Part A except on count 24 you step right foot to right side (shoulder width apart) as you bend down to touch knees with right hand on right knee & left hand on left knee, then
4.0	

1-2 Knee knockers: bringing knees together, cross right hand over left hand so that right hand is on left knee & left hand is on right knee

3-4 Taking knees apart, bring right hand back to right knee & left hand back to left knee

5-6 Bringing knees together, cross right hand over left hand so that right hand is on left knee &

left hand is on right knee

7-8 Taking knees apart, bring right hand back to right knee & left hand back to left knee

1-32- Same as first 32 counts of Part A