

This Is Us

拍数: 32 墙数: 4 级数: Improver
编舞者: Paul Alderson (UK)
音乐: This Is Us - Mark Knopfler & Emmylou Harris



RIGHT STEP, BRUSH, LEFT STEP, BRUSH, & JUMP, CLAP, & JUMP BACK, CLAP

1-2 Step forward right, brush left foot forward
3-4 Step forward left, brush right foot forward
&5-6 Jump forward landing right, left, clap
&7-8 Jump backwards landing right, left, clap

STEP TURN STEP ½ LEFT, CLAP, STEP TURN STEP ½ RIGHT, CLAP

9-10 Step forward right, pivot ½ turn left (6:00)
11-12 Step forward right, clap
13-14 Step forward left, pivot ½ turn right (12:00)
15-16 Step forward left, clap

WALK FORWARD RIGHT, LEFT, RIGHT, TOE TOUCH, HEEL TOUCH, TOE TOUCH

17-18 Walk forward right, left
19-20 Walk forward right, touch left toe behind right
21-22 Step back on left, touch right toe forward
23-24 Step forward right, touch left toe behind right

STEP ¼ RIGHT, RIGHT CROSS, FULL ROLLING VINE LEFT (TRAVELING TO RIGHT SIDE)

25-26 Step forward left, pivot ¼ turn right (3:00)
27-28 Cross step left over right, hold
29-30 ¼ left turn stepping back right, ¼ left turn stepping to left side
31-32 ¼ left turn stepping forward right, ¼ left turn stepping to left side (3:00)

Alternative (if you prefer not to do a full turn)

GRAPEVINE TO RIGHT SIDE

29-30 Right to right side, step left behind right
31-32 Step right to right side, step left together (weight on left) (3:00)

REPEAT
