

# 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



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## 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**

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