

# Get Connected

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Anne Hewitt (UK)  
音乐: We Are Family - Sister Sledge



## RIGHT VINE KICK, LEFT VINE TOUCH

1-2      Step right to right side, cross left behind  
3-4      Step right to right side, kick left foot t across right  
5-6      Step left to left side, cross right behind  
7-8      Step left to left side, touch right next to left

## RIGHT KICK BALL CHANGE STEP DRAG, LEFT KICK BALL CHANGE STEP DRAG

1&2      Kick right forward, step right beside left, step left in place  
3-4      Step right to right side, drag left next to right (weight kept on right)  
5&6      Kick left forward, step left beside right, step right in place  
7-8      Step left to left side, drag right next to left (weight kept on left)

**Optional: you can place hands, arms stretched on each others shoulders during the first 16 counts when using the sister sledge track**

## BACK TOE STRUTS TWICE, ROCK RECOVER, CROSS TOUCH

1-2      Touch right toe back, drop heel  
3-4      Touch left toe back, drop heel  
5-6      Rock back on to right, replace weight on to left  
7-8      Cross step right over left, touch left to left side

## CROSS STEP & STEP CROSS, DIP ½ UP UNWIND HIP BUMPS

1-2      Cross step left over right, step right to right side  
&3-4      Step left next to right, step right to right side, cross step left across right  
5-6      Bend knees and dip with legs crossed, unwind ½ right and straighten legs (weight on left (as you finish the unwind))  
7&8      Bump hips left, right, left

## REPEAT

## TAG

To phrase the dance correctly when danced to Eddy Raven's "In A Letter To You", use the following repeat and tag:

**End of Wall 3 (When instrumental starts) repeat the first 16 counts only and continue with dance**

**End of Wall 6 add this tag:**

1-2      Step right to right side and touch left next to right  
3-4      Step left to left side and touch right next to left