

Sisters Here

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mary Bee Friedrich (DE) & Jo Kinser (UK) - August 2023
音樂: Get up and Dance - L.O.L. Surprise! : (iTunes)



Intro: Start straight in on the word "crew" (0.1).

[1-8] Stomp Diagonal R, Swivel Heel Toe, Heel, Diagonal Touches Forward and Back

12 RF stomp forward diagonal R 1), Swivel left heel towards right heel 2)
34 Swivel left toe towards right heel 3), Swivel left heel towards right heel 4)
56 LF step forward diagonal L 5), RF touch next to LF 6)
78 RF step back diagonal R 7), LF touch next to RF 8)

[9-16] Diagonal Touches Back and Forward, Vine ¼ L, Scuff

12 LF step back diagonal L 1), RF touch next to LF 2)
34 RF step forward diagonal R 3), LF touch next to RF 4)
56 LF step side L 5), RF step behind LF 6)
78 ¼ turn L and LF step forward 7), RF scuff forward 8) (9:00)

[17-24] V - Step with Heels, Rocking Chair

12 RF heel step forward diagonal R 1), LF heel step side L 2)
34 RF step back to centre 3), LF step next to RF 4)
56 RF rock forward 5), LF recover 6)
78 RF rock back 7), LF recover 8)

[25-32] Step ½ Turn L, Step, Hold, Ball Step Diagonal R, Touch, Step Diagonal L, Touch

12 RF step forward 1), ½ turn L and LF step forward 2) (3:00)
34 RF step forward 3), Hold 4)
&56 LF step quickly next to RF &), RF step forward diagonal R 5), LF Touch next to RF 6)
78 LF step forward diagonal L 7), RF touch next to LF 8)
