

# 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)