

We are Family

拍數: 32 牆數: 2 級數: Beginner
編舞者: Thomas Malle (AUT) - January 2024
音樂: We Are Family - Sister Sledge



Intro: Intro after 32 Counts

[1 – 8] V-Steps x2

1, 2 Step diagonally forward R, Step diagonally forward L
3, 4 Step back to center R, Step back to center L
5, 6 Step diagonally forward R, Step diagonally forward L
7, 8 Step back to center R, Step back to center L

[9 – 16] Side Hip R, Side Hip L, Walk Back 3x, Together

1, 2, Step side on R and start hip roll from L to R, finish hip roll on R
3, 4 Step side on L and start hip roll from R to L, finish hip roll on L
5, 6, 7, 8 Step Back 3x R, L, R, Step L next to R

[17 – 24] Shuffle fwd 2x, Rocking Chair

1 & 2 Step R forward, Step L next to R, Step R forward
3 & 4 Step L forward, Step R next to L, Step L forward
5, 6, 7, 8 Step R forward, recover on L, Step R back, recover on L

[25 – 32] Step ¼ Turn L 2x, Sway 3x, Together

1, 2, 3, 4 Step R forward ¼ turn L, Step R forward ¼ turn L (06:00)
5, 6, 7, 8 Sway right onto right, sway to left, sway to right, Step L next to R

Intro after 32 Counts

[1 - 8] Grapevine with touch R, Grapevine with touch L

1, 2, 3, 4 Step R to right side, Step L behind R, Step R to right side, Touch L beside R
5, 6, 7, 8 Step L to left side, Step R behind R, Step L to left side, Touch R beside L

[9 – 16] Walk Back 4x, Walk Forward 3x, Touch

1, 2, 3, 4 Walk back 4x R, L, R, L
5, 6, 7, 8 Walk forward 3x R, L, R, Touch L beside R

[17 – 24] Grapevine with touch L, Grapevine with touch R

1, 2, 3, 4 Step L to left side, Step R behind R, Step L to left side, Touch R beside L
5, 6, 7, 8 Step R to right side, Step L behind R, Step R to right side, Touch L beside R

[25 – 32] Walk Forward 4x, Walk Back 3x, Touch

1, 2, 3, 4 Step forward 4x L, R, L, R
5, 6, 7, 8 Step back 3x L, R, L, Touch R beside L