

# This Is Us

拍數: 48      牆數: 4      級數: Improver social cha  
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音樂: This Is Us - Mark Knopfler & Emmylou Harris



## 2 LOCK STEPS FORWARD, 2 WALKS BACK AND COASTER STEP

1&2      Step left forward lock right behind left step left forward  
3&4      Step right forward lock left behind right step right forward  
5-6      Step back on left, step back on right  
7&8      Step left back step right beside left step left forward

## EXTENDED WEAVE, SIDE ROCK RECOVER, CROSS SHUFFLE, ¾ SHUFFLE LEFT TURN

1&2      Cross right over left, step left to left side cross right behind left  
&3&4      Step left to left side cross right over left, rock out left to left side and recover onto right  
5&6      Cross left over right and cross shuffle  
7&8      ¼ turn left stepping back on right, ½ turn left stepping on left, step forward right

## MAMBO FORWARD, MAMBO BACK, LEFT ¼ TURN ½ TURN ¼TURN SIDE SHUFFLE

1&2      Rock forward left, recover back on right, step left next to right  
3&4      Rock back right, recover forward on left, step right next to left  
5-6      ¼ turn left stepping on left, ½ turn left stepping back on right  
7&8      ¼ turn left stepping left to left side, step right next to left, step left to left side

## KICK BALL CHANGE AND 2 TOE STRUTS TWICE

1&2      Kick right forward, step right next to left, step left  
3&4&      Step forward on right toe, drop right heel, step forward left toe, drop left heel  
5&6      Kick right forward, step right next to left, step left  
7&8      Step forward on right toe, drop right heel, step forward left toe, drop left heel

## 2 X HEEL HOOK, BACK SHUFFLE, 2 X HEEL HOOK, FORWARD SHUFFLE

1&2&      Point right heel forward, hook right foot across left leg, point right heel forward, hook right foot across left leg  
3&4      Step back on right, step left next to right, step back on right  
5&6      Point left heel forward, hook left foot across right leg, point left heel forward, hook left foot across right leg  
7&8      Step forward left, step right next to left, step forward left

## STEP ½ TURN, SHUFFLE ½ TURN, COASTER STEP, STEP TOUCH

1-2      Step forward on right, left ½ turn weight onto left  
3&4      Turning ¼ left stepping onto right, turning ¼ turn left stepping left next to right, step right slightly back  
5&6      Step back on left, step right next to left, step forward left  
7-8      Step forward right, touch left next to right

REPEAT