

# This Is Us

拍數: 64      牆數: 4      級數: Improver dance  
編舞者: Gaye Teather (UK)  
音樂: This Is Us - Mark Knopfler & Emmylou Harris



## TOE TOUCHES FORWARD AND BACK, TOUCH OUT, TOUCH IN

1-2      Touch right toe forward, step right beside left  
3-4      Touch left toe back, step left beside right  
5-6      Touch right toe forward, step right beside left  
7-8      Touch left toe to left side, touch left beside right

## VINE ¼ TURN LEFT, BRUSH, JAZZ BOX, HOLD

1-2      Step left to left, cross right behind left  
3-4      ¼ turn left stepping forward on left, brush right forward (facing 9:00)  
5-6      Cross right over left, step back on left  
7-8      Step right to right, hold

## CROSS ROCK, SIDE, HOLD, CROSS ROCK, ¼ TURN RIGHT, HOLD

1-4      Cross rock left over right, recover onto right, step left to left side, hold  
5-6      Cross rock right over left, recover onto left  
7-8      ¼ turn right stepping forward on right, hold (facing 12:00)

## STEP, ¼ TURN RIGHT, CROSS, HOLD, TRIPLE THREE ¼ TURN LEFT, HOLD

1-2      Step forward on left, ¼ turn right (facing 3:00)  
3-4      Cross left over right, hold  
5-6      ¼ turn left stepping back on right, ½ turn left stepping forward on left (facing 6:00)  
7-8      Step forward on right, hold

## LEFT LOCK STEP, BRUSH, RIGHT LOCK STEP, BRUSH

1-2      Step forward on left, lock right behind left  
3-4      Step forward on left, brush right forward  
5-6      Step forward on right, lock left behind right  
7-8      Step forward on right, brush left forward

## MAMBO FORWARD, HOLD, MAMBO BACK, HOLD

1-4      Rock forward on left, recover onto right, step left beside right, hold  
5-8      Rock back on right, recover onto left, step right beside left, hold

## RUMBA BOX

1-4      Step left to left, step right beside left, step forward on left, hold  
5-8      Step right to right, step left beside right, step back on right, hold

## BACK LEFT, HOLD & CLAP, BACK RIGHT, HOLD & CLAP SAILOR ¼ TURN LEFT, HOLD

1-2      Step back on left, hold & clap  
3-4      Step back on right, hold & clap  
5-6      ¼ turn left stepping left behind right, step right to right (facing 3:00)  
7-8      Step left to left, hold

## REPEAT