# **Get Connected**



拍數: 32 編數: 2 級數: Intermediate

編舞者: Anne Hewitt (UK)

音樂: We Are Family - Sister Sledge



### RIGHT VINE KICK, LEFT VINE TOUCH

1-2	Step right to	right side	cross lef	t behind

3-4 Step right to right side, kick left foot t across right

5-6 Step left to left side, cross right behind7-8 Step left to left side, touch right next to left

# RIGHT KICK BALL CHANGE STEP DRAG, LEFT KICK BALL CHANGE STEP DRAG

1&2 Kick right forward, step right beside left, step left in place

3-4 Step right to right side, drag left next to right (weight kept on right)

5&6 Kick left forward, step left beside right, step right in place7-8 Step left to left side, drag right next to left (weight kept on left)

Optional: you can place hands, arms stretched on each others shoulders during the first16 counts when using the sister sledge track

## BACK TOE STRUTS TWICE, ROCK RECOVER, CROSS TOUCH

1-2	Touch right toe back, drop heel
3-4	Touch left toe back, drop heel

Rock back on to right, replace weight on to leftCross step right over left, touch left to left side

## CROSS STEP & STEP CROSS, DIP 1/2 UP UNWIND HIP BUMPS

1-2 Cross step left over right, step right to right side

&3-4 Step left next to right, step right to right side, cross step left across right

5-6 Bend knees and dip with legs crossed, unwind ½ right and straighten legs (weight on left (as

you finish the unwind)

7&8 Bump hips left, right, left

#### **REPEAT**

#### **TAG**

To phrase the dance correctly when danced to Eddy Raven's "In A Letter To You", use the following repeat and tag:

End of Wall 3 (When instrumental starts) repeat the first 16 counts only and continue with dance End of Wall 6 add this tag:

1-2 Step right to right side and touch left next to right3-4 Step left to left side and touch right next to left