

Sister Kate

32 count, 4 wall, intermediate level

Choreographer: Ria Vos (NL), May 2009

Choreographed to: "Sister Kate" by The Ditty Bops, 8 count intro

Section 1 Toe Strut x 2, Kick Ball Step, Pivot 1/2, 1/4 Turn, Point, Kick Ball Cross

- 1& Step right toes forward. Drop right heel taking weight. (Shimmy shoulders)
2& Step left toes forward. Drop left heel taking weight. (Shimmy shoulders)
3&4 Kick right forward. Step right beside left. Step left forward.
5 Pivot 1/2 turn right.
6-7 Make 1/4 turn right stepping left long step to left side. Point right behind left.
Styling *Counts 6 - 7: Throw arms left*
8&1 Kick right to right diagonal. Step right beside left. Cross left over right.

Section 2 Heel Jack With Heel Grind, Back Rock, Touch, Knee Split, Kick-Out-Out

- &2 Step right slightly to right side. Touch left heel forward to left diagonal.
&3& Step left beside right. Heel grind right over left. Step left to left side.
4-5 Rock back on right (pushing bottom out). Recover onto left.
&6& Touch right beside left. Split knees apart. Bring knees together.
7&8 Kick right forward. Step right out to right side. Step left out to left side.
Note *Counts & 8: feet should be shoulder width apart.*

Section 3 Swivel x 2, Back Strut x 2, Coaster Step, Triple Full Turn

- 1& Weight on left toe and right heel, twist so toes point right. Recover to centre.
2& Weight on right toe and left heel, twist so toes point left. Recover to centre.
3& Step right toes back (click fingers right). Drop right heel taking weight.
4& Step left toes back (click fingers left). Drop left heel taking weight.
5&6 Step right back. Step left beside right. Step right forward.
7& Make 1/2 turn right and step left back. Make 1/2 turn right and step right forward.
8 Step left forward.

Section 4 Step Pivot 1/4 (x 2), Charleston Step

- 1-2 Step right forward. Pivot 1/4 turn left.
3-4 Step right forward. Pivot 1/4 turn left.
5-6 Touch right toe forward. Step right back.
7-8 Touch left toe backward. Step left forward.

Tag End of Wall 1 (3:00), Wall 3 (9:00), and Wall 6 (6:00): Repeat Charleston Step

- 1-2 Touch right toe forward. Step right back.
3-4 Touch left toe backward. Step left forward.

Note: *The Tag occurs after every vocal part.*

Ending Dance ends on Count 16 (Kick-Out-Out)

- 1-2 Make 1/4 turn left after the Kick, so the Out-Out steps are facing the front.

Quelle:

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