

This Is Us

64 count, 4 wall, beginner/intermediate level

Choreographer: Gaye Teather (UK), April 2006

Choreographed to: "This Is Us" by Mark Knopfler & Emmylou Harris, CD: "All The Roadrunning (176 bpm)
"Go To Sleep Big Bertha" by Eddie Rabbitt (176 bpm)

Intro: 64 counts (begin counting when the guitar comes in)
(Alternative: 32 count intro)

Section 1 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

Section 2 Vine quarter turn Left. Brush. Jazz box. Hold

- 1 - 2 Step Left to Left. Cross Right behind Left
- 3 - 4 Quarter turn Left stepping forward on Left. Brush Right forward (Facing 9 o'clock)
- 5 - 6 Cross Right over Left. Step back on Left
- 7 - 8 Step Right to Right. Hold

Section 3 Cross rock. Side. Hold. Cross rock. Quarter 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 Quarter turn Right stepping forward on Right. Hold (Facing 12 o'clock)

Section 4 Step. Quarter turn Right. Cross. Hold. Triple three quarter turn Left. Hold

- 1 - 2 Step forward on Left. Quarter turn Right (Facing 3 o'clock)
- 3 - 4 Cross Left over Right. Hold
- 5 - 6 1/4 turn Left stepping back on Right. Half turn Left stepping forward on Left (Facing 6 o'clock)
- 7 - 8 Step forward on Right. Hold

Section 5 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

Section 6 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

Section 7 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

Section 8 Back Left. Hold & clap. Back Right. Hold & clap Sailor quarter turn Left. Hold

- 1 - 2 Step back on Left. Hold & clap
- 3 - 4 Step back on Right. Hold & clap
- 5 - 6 Quarter turn Left stepping Left behind Right. Step Right to Right (Facing 3 o'clock)
- 7 - 8 Step Left to Left. Hold

Quelle:

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