

Tävlingskoreografi till East Heart Competition

Tävlingsdatum 11 februari 2012

Dans B

# Sister Kate

Ria Vos

Beskrivning: 32 Count, 4 Wall, Show/Novelty Linedance

Nivå: Novice

Musik: "Sister Kate" - The Ditty Bops (102 BPM) Intro: 8 counts

*Tag efter vägg 1, 3 och 6. Hela låten kommer spelas.*

**TOE STRUTS x2, KICK BALL STEP, TURN 1/2,  
TURN 1/4, POINT, KICK BALL CROSS**

1 RF Step right toes forward  
& Drop right heel taking weight  
2 LF Step left toes forward  
& Drop heel taking weight  
3 RF Kick forward  
& RF Step beside left  
4 LF Step forward  
5 Make 1/2 turn right  
6 LF Make 1/4 turn right and step to side  
7 RF Point behind left  
8 RF Kick to right diagonal  
& RF Step beside left  
1 LF Cross over right

**ROCK, CLAP, RECOVER, KICK, BEHIND, SIDE,  
CROSS, HOLD**

& RF Step to side  
2 LF Touch heel forward to left diagonal  
& LF Step beside right  
3 RF Grind over left  
& LF Step to side  
4 RF Rock back (pushing bottom out)  
5 LF Recover  
& RF Touch beside left  
6 Split knees apart  
& Bring knees together  
7 RF Kick forward  
& RF Step out to side  
8 LF Step out to side (shoulder width)

**APPLE JACKS x2, BACK STRUT x2, COASTER STEP,  
TRIPLE FULL TURN**

1 Weight on left toe and right heel -  
twist so toes point right  
& Center feet  
2 Weight on right toe and left heel -  
twist so toes point left  
& Center feet taking weight on left  
3 RF Step toes back  
& RF Drop heel taking weight  
4 LF Step toes back  
& LF Drop heel taking weight  
5 RF Step back  
& LF Step beside right  
6 RF Step forward  
7 LF Make 1/2 turn right and step back  
& RF Make 1/2 turn right and step forward  
8 LF Step forward

**STEP 1/4 TURN (x2), CHARLESTON STEP**

1 RF Step forward  
2 LF Turn 1/4 left taking weight  
3 RF Step forward  
4 LF Turn 1/4 left taking weight  
5 RF Touch toe forward  
6 RF Step back  
7 LF Touch toe back  
8 LF Step forward

**Tag: CHARLESTON STEP**

1 RF Touch toe forward  
2 RF Step back  
3 LF Touch toe back  
4 LF Step forward