

Sisters Here

32 counts, 4 Wall, Beginner Linedance. No Tags or Restarts. (08/23).

Choreography: Mary Bee Friedrich MaryBeeFriedrich@web.de, Jo Kinser Jokinser@me.com

Music: Get up and Dance – L.O.L. Surprise! (available on itunes – 2:17 min)

Intro: Start straight in on the word "crew" (0.1).

1-8 Stomp Diagonal R, Swivel Heel Toe, Heel, Diagonal Touches Forward and Back

- 12 RF stomp forward diagonal R 1), Swivel left heel towards right heel 2)
- 34 Swivel left toe towards right heel 3), Swivel left heel towards right heel 4)
- 56 LF step forward diagonal L 5), RF touch next to LF 6)
- 78 RF step back diagonal R 7), LF touch next to RF 8)

9-16 Diagonal Touches Back and Forward, Vine ¼ L, Scuff

- 12 LF step back diagonal L 1), RF touch next to LF 2)
- 34 RF step forward diagonal R 3), LF touch next to RF 4)
- 56 LF step side L 5), RF step behind LF 6)
- 78 ¼ turn L and LF step forward 7), RF scuff forward 8) (9:00)

17-24 V - Step with Heels, Rocking Chair

- 12 RF heel step forward diagonal R 1), LF heel step side L 2)
- 34 RF step back to centre 3), LF step next to RF 4)
- 56 RF rock forward 5), LF recover 6)
- 78 RF rock back 7), LF recover 8)

25-32 Step ½ Turn L, Step, Hold, Ball Step Diagonal R, Touch, Step Diagonal L, Touch

- 12 RF step forward 1), ½ turn L and LF step forward 2) (3:00)
- 34 RF step forward 3), Hold 4)
- &56 LF step quickly next to RF &), RF step forward diagonal R 5), LF Touch next to RF 6)
- 78 LF step forward diagonal L 7), RF touch next to LF 8)