|  |  |
| --- | --- |
| Sister Kate (凱特姐姐) (zh) |  |

.

|  |
| --- |
| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Ria Vos (NL) - 2009年05月 |
| **Music:** | Sister Kate - The Ditty Bops |
| . |

**前奏： Intro: 8 counts from first beat 8拍後起跳**

**第一段**

**Toe Struts R & L, Kick-Ball-Step, Pivot ½ Turn R, ¼ Turn R Step Side, Point Back, Kick-Ball-Cross**

**趾踵步-右, 左, 踢-併-踏, 右1/2, 右1/4側踏, 後點, 踢-併-交叉**

**1&2&**

**R Toe Strut Fwd, L Toe Strut Fwd (Shimmy Shoulders)**

**右前趾踵步, 左前趾踵步(雙肩擺動)**

**3&4**

**R Kick Fwd, Step on Ball of R Next to L, Step Fwd on L**

**右足前踢, 右足併踏, 左足前踏**

**5**

**Pivot ½ Turn Right  右軸轉180度(面向6點鐘)**

**6-7**

**Turn ¼ Right Step L Long Step to Left Side, Point R Behind L (Option: Throw Arms Left)**

**右轉90度左足左一大步(面向9點鐘), 右足於左足後點(雙手向左甩)**

**8&1**

**R Kick to Right Diagonal, Step on Ball of R Next to L, Cross L over R  右足右斜前踢, 右足併踏, 左足於右足前交叉踏**

**第二段**

**Heel Jack with Heel Grind, Rock Back, Rec., Touch, Knee Split, Kick-Out-Out  踵併踵轉, 後下沉回復, 點, 膝分合, 踢外外**

**&2**

**Step R Slightly to Right Side, Touch L Heel to Left Diagonal**

**右足略右踏, 左足踵左斜前點**

**&3&**

**Step L next to R, Heel Grind R Over L, Step L to Left Side**

**左足併踏, 右足踵於左足前轉, 左足左踏**

**4-5**

**Rock Back on R (Sticking Bum Out), Recover on L**

**右足後下沉(推臀), 左足回復**

**&6&**

**Touch R Next to L, Split Knees Apart, Bring Knees Together**

**右足併點, 雙膝分開, 雙膝合併**

**7&8**

**Kick R Fwd, Step R Out to Right Side, Step L Out to Left Side (Feet Shoulder Width Apart)右足前踢, 右足右踏, 左足左踏(與肩同寬)**

**第三段**

**Swivets, Toe Struts Backwards, Coaster Step, Triple Full Turn Right**

**旋轉, 趾踵後踏, 海岸步, 右小三步轉圈**

**1&**

**Weight on L Toe and R Heel Twist Both Feet So Toes are Pointing Right, Recover to Centre(重心在左足趾和右足踵)雙腳轉向右, 回復**

**2&**

**Weight on R Toe and L heel Twist Both Feet So Toes are Pointing Left, Recover to Centre(重心在右足趾和左足踵)雙腳轉向左, 回復**

**3&4&**

**R Toe Strut Backwards (Option: Klick Fingers R), L Toe Strut Backwards (Option: Klick Fingers L)**

**右足趾趾後踏(右手指彈), 左足趾踵後踏(左手指彈)**

**5&6**

**Step Back on R, Step L Next to R, Step Fwd on R**

**右足後踏, 左足併踏, 右足前踏**

**7&8**

**Turn ½ Right Step Back on L, Turn ½ Right Step Fwd on R, Step Fwd on L  右轉180度左足後踏, 右轉180度右足前踏, 左足前踏**

**第四段**

**Pivot ¼ Turn Left x2, Charleston Step**

**左踏轉1/4二次, 查爾斯頓步**

**1-2**

**Step Fwd on R, Pivot ¼ Turn L 右足前踏, 左轉90度**

**3-4**

**Step Fwd on R, Pivot ¼ Turn L 右足前踏, 左轉90度**

**5-6**

**Touch R Toe Fwd, Step Back on R 右足趾前點, 右足後踏**

**7-8**

**Touch L Toe Backwards, Step Fwd on L  左足趾後點, 左足前踏**

**TAG: AFTER wall 1 (3:00), 3 (9:00) and 6 (6:00)**

**加拍：第一面牆(面向3點鐘), 第三面牆(面向9點鐘), 第六面牆(面向6點鐘)**

**(Tags OCCUR after every vocal part) 每次加拍都落在唱歌最後段**

**1-4**

**Repeat Last 4 Counts (Charleston Step) 重覆最後的查爾斯頓步**

**ENDING: You will end on Count 16 (Kick-Out-Out), Turn ¼ Left after the Kick, so the Out-Out Steps will be facing front (12:00)**

**結束在第二段結束(踢-外-外), 在踢之後左轉90度再外-外會面向12點鐘做結束**