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| Sisters! |  |

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| **Count:** | 0 | **Wall:** | 2 | **Level:** | Phrased Intermediate | . |
| **Choreographer:** | Amy Christian (USA) | | | | |
| **Music:** | Sisters Are Doin' It for Themselves - Eurythmics, Annie Lennox, Dave Stewart & Aretha Franklin : (Album: The very best of Aretha Franklin) | | | | |
| . | | | | | | |

**32 Count Intro. Sequence: A,A,B, A,A,A,A,B, A,A,A,B-, A,A,B-\*.**

**Note: This is a fun and dramatic dance and it is easier than it looks, from the step sheet! :)**

**Part A**

**R Hand Out, Twist ¼, R Coaster Step, Hitch, Knee Pops Out, In, Step**

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| --- | --- |
| 1-2 | Right hand goes out to right side, palm facing up (1), With hand still out, Twist ¼ turn right, weight on left foot(2), |

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| --- | --- |
| 3&4 | Step back on R foot, Step L next to R, Step forward on R, |

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| --- | --- |
| 5-6 | Hitch left knee, diagonally across right knee(5), Touch L foot to left side, Popping L knee out(6), |

|  |  |
| --- | --- |
| 7-8 | Pop L knee in(7), Step down on L foot(8). |

**Step, Do the "Jerk"- Swing Hands Up, Swing R Side, Swing L Side, Kick, Kick**

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| --- | --- |
| 1-2 | Step R foot next to L, bend both knees slightly, Swing arms, crossed at wrists, above your head(1), Straighten & swing hands down(2), 60’s A-Go Go style, |

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| --- | --- |
| 3-4 | Look R, Angle upper body right, Swing hands up(3), bend knees slightly & snap fingers(4), 60’s A-Go Go style, |

|  |  |
| --- | --- |
| 5-6 | Look L, Angle upper body left, Swing hands up(5), bend knees slightly |

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| & s | nap fingers(6), 60’s A-Go Go style, |

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| 7-8 | Kick R foot forward twice. |

**Out, Out, Hold, Rocks With Shoulder Pops, Touch, Hold, Pivot Turn**

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| &1-2 | Step R foot to R side(&), Step L foot to L side, feet apart(1), Hold(2), |

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| --- | --- |
| 3-4 | Rock right, Pop R shoulder(3), Rock left, Pop L shoulder(4), |

|  |  |
| --- | --- |
| 5-6 | Touch R foot next to left foot(5), Hold(6), |

|  |  |
| --- | --- |
| 7-8 | Step forward on R foot(7), Pivot ½ turn left, stepping on L foot(8). |

**Touch Side, Cross, Touch Side, Kick, L Coaster, ¼ Turn, Step**

|  |  |
| --- | --- |
| 1-2 | Touch R foot to right side(1), Cross R foot over L foot(2), |

|  |  |
| --- | --- |
| 3-4 | Touch L foot to left side(3), Kick L foot forward(4), |

|  |  |
| --- | --- |
| 5&6 | Step back on L foot, Step R next to L, Step forward on L, |

|  |  |
| --- | --- |
| 7-8 | ¼ turn left, step R foot to R side(7), Step L foot next to R foot(8). |

**Part B**

**Slow Sexy Forward Walks, With Hand Movements**

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| --- | --- |
| 1-4 | Step R foot over left(1), Hold(2), Step L foot over right(3), Hold(4), Hands in front, palms facing upwards, with fingers moving, (Come get it - gesture), |

|  |  |
| --- | --- |
| 5-8 | Step R foot over left, as R hand goes out to right side(5), Hold (6), Step L foot over right, as L hand goes out to left side(7), Hold(8). |

**Slow Sexy Forward Walks, With Hand Movements, Rocks**

|  |  |
| --- | --- |
| 1-4 S | tep R foot over left, as R hand goes across to L shoulder(1), Hold(2), Step L foot over right, as L hand goes over to R shoulder(3), Hold(4), |

|  |  |
| --- | --- |
| 5-8 H | ands still crossed over chest, Rock back on R(5), Rock forward on L(6), Rock back on R(7), Recover weight forwards on L foot(8). |

**(B- happens here, on 3rd B, Restart at this point,(16cts) with Part A)**

**Kick 2X, Back, Back, Hold, Kick 2X, Back, Back, Hold**

|  |  |
| --- | --- |
| 1-2 | Kick R foot forwards twice, (Snapping fingers twice) |

|  |  |
| --- | --- |
| &3-4 | Step back on R foot(&), Step back on L foot(3), Hold(4), |

|  |  |
| --- | --- |
| 5-8 | Repeat steps 1-2 &3-4. |

**Hip Rolls CCW With 1/8 Pivot Turns X 4, Making A ½ Turn**

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| --- | --- |
| 1-8 | Step forward on R foot, pivot left with 1/8 turns with hip rolls ccw, 4 X, into ½ turn, Swing R hand ccw above in circles, or sexily run R hand over your hair & down your body. |

**Sexy Walks Forwards With Holds, With Hand Movements**

|  |  |
| --- | --- |
| 1-4 | Step R foot over left, as R hand goes out to R side, palms facing forward(1), Hold(2), Step L foot over right, as L hand goes out to L side, palms facing forward(3), Hold(4), |

|  |  |
| --- | --- |
| 5-8 | Step R foot over left, as R hand goes across L shoulder(5), Hold(6), Step L foot over right, as L hand goes across R shoulder(7), Hold(8). |

**Rocks, Step Together, Hold, Raise Hands, Look Up**

|  |  |
| --- | --- |
| 1-4 | Hands still crossed over chest, Rock back on R(1), Rock forward on L(2), Rock back on R(3), Rock forward on L(4), |

|  |  |
| --- | --- |
| 5 | Step R foot next to left(5), |

|  |  |
| --- | --- |
| 6-8 | Hold(6), Bend knees slightly, raise hands up, look up(7), Straighten up(8). |

**Part B– (B Minus)**

**On the 3rd time at Part B, just do the first 16 counts of Part B & restart with Part A.**

**THE FINISH - (For a dramatic end) :) B-\***

**On the Last Part B, you will be facing the back wall, just do 32 counts of Part B, which are those "Hip Rolls with 1/8 Pivot Turns", this will have you facing the front wall. From here, just Restart with Part B again & keep doing the first 16 counts repeatedly, going forward, as the music fades.**

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