Sisters!

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

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

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,
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
& s	nap fingers(6), 60's A-Go Go style,
7-8	Kick R foot forward twice.

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

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

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

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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