We Are Family



拍數: 32 編數: Beginner / Improver

編舞者: Amy Christian (USA) - August 2018

音樂: We Are Family - Sister Sledge



Intro: 64 counts. Start on lyrics.

SIDE-SHIMMY, TOGETHER, CLAP, SIDE-SHIMMY, TOGETHER, CLAP,

1-2 Bend your knees as you Step R to right side and shimmy shoulders,

(Note that You have to make a 1/8 right turn every time, when you start a new wall, on count 1, squaring up to 12:00 or 6:00)

3-4 Straighten up as you step L next to R, Clap,

5-6 Bend your knees as you Step R to right side and shimmy shoulders,

7-8 Straighten up as you step L next to R, Clap,

1/4 KICKBALL CHANGE, 1/4 KICKBALL CHANGE, ROCK FWD, RECOVER, COASTER STEP,

1&2
¼ Kickball Change turning right [3:00],
3&4
¼ Kickball Change turning right [6:00],
5-6
Rock fwd on R, Recover back on L,

7&8 R Coaster Step, (Step back on ball of R, Step back on ball of L next to R, Step R fwd)

ROCK FWD, RECOVER, 1/2 SHUFFLE, SHUFFLE FWD, SHUFFLE FWD,

1-2 Rock fwd on L, Recover back on R, 3&4 % Shuffle turning left, (R,L,R) [12:00],

Shuffle fwd (L,R,L,) [Turning Option - ½ Shuffle turning left, [6:00], Shuffle fwd (R,L,R,) [Turning Option - ½ Shuffle turning left, [12:00],

1/4 JAZZ BOX CROSS, 1/8 SKATE, SKATE, SKATE, SKATE,

5-8 1/8 Turn right Skate, Skate, Skate, Skate [5:30].

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^{*}Start over by making 1/8 turn right to square up to 6:00. (2 wall dance).