

THIS IS US TOO



Choreographed by Pat & Ray Cartwright (UK) (July 2006) 02380 428919
patandray@sidewinders-online.co.uk
www.sidewinders-online.co.uk

Description 64 count Partner Dance, Right Side By Side Position, same footwork for both.

Music This Is Us - Mark Knopfler and Emmylou Harris 176 bpm,
CD: All the Roadrunning Intro: 64 counts

Don't Make Me Beg - Steve Holy (182 bpm), CD: Blue Moon. Intro: 32 counts Or Any 2-Step Music

Slow, Slow, Quick, Quick, Slow

1-4 Step Right fwd, Hold, Step Left fwd, Hold.

5-8 Step fwd Right, Left, Right, Hold

Step, Touch, Step, Heel, Coaster Step, Hold

9-12 Step Left fwd, Touch Right toe behind Left heel, Step Right back, Touch Left heel fwd.

13-16 Step Left back, Step Right together, Step Left fwd, Hold

Side, Together, Side, Hitch x 2

17-20 Step Right to side, Step left together, Step Right to side, Hitch Left.

21-24 Step Left to side, Step Right together, Step Left to side, Hitch Right.

Slow ¾ Turn To Right, Touch

25-28 Turn ¼ Right stepping Right fwd, Hold, Turn ¼ Right stepping Left to side, Hold

29-32 Turn ¼ Right stepping Right fwd, Hold, Touch Left next to Right, Hold

Release Right hands on count 27 with Left hands held high, Lady goes under Left hands on count 29 into Reverse Indian position on count 31 (man in front of lady, both hands joined at waist level).

Side, Behind, Turn, Brush, Jazz Box, Hold

33-36 Step Left to side, Cross Right behind Left, Turn ¼ to Left stepping Left fwd, Brush Right next to Left.

37-40 Cross Right over Left, Step back on Left, Step Right to side, Hold.

Release Right hands on count 34 taking up Left Side by Side position.

Rock, Recover, Turn, Hold, Step, Lock, Step, Hold

41-44 Rock fwd on Left, Recover on Right, Turn ½ Left stepping Left fwd., Hold.

45-48 Step fwd on Right, Lock Left up behind Right, Step fwd on Right, Hold.

Release Right hands on count 41, resume Right Side by Side position on count 43.

Slow ¾ Turn To Right, Touch

49-52 Turn ¼ Right stepping Left to side, Hold, Turn ¼ Right stepping Right fwd, Hold

53-56 Turn ¼ Right stepping Left to side, Hold, Touch Right next to Left, Hold

Release Right hands on count 51 with Left hands held high, Lady goes under Left hands on count 53 into Reverse Indian position on count 55

Side, Behind, Turn, Hold, Step, Lock, Step, Hold

57-60 Step Right to side, Cross Left behind Right, Turn ¼ Right stepping Right fwd, Hold

61-64 Step fwd on Left, Lock Right up behind Left, Step fwd on Left, Hold

Release Left hands on count 58 taking up Right Side by Side position.

Our thanks to Sidewinders Grace & Ken, Nigel & Barbara, Dave & Cath and Mel & Rose for their assistance in choreographing this dance.

Every effort has been made to make sure these dance sheets are accurate. Please let us know if there are any errors or omissions email: jbwesterndance@aol.com.