

# THIS IS US

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**Count:** 64

**Wall:** 4

**Level:** beginner/intermediate dance

**Choreographer:** Gaye Teather

**Music:** This Is Us by Mark Knopfler & Emmylou Harris

## TOE TOUCHES FORWARD AND BACK, TOUCH OUT, TOUCH IN

- 1-2 Touch right toe forward, step right beside left
- 3-4 Touch left toe back, step left beside right
- 5-6 Touch right toe forward, step right beside left
- 7-8 Touch left toe to left side, touch left beside right

## VINE ¼ TURN LEFT, BRUSH, JAZZ BOX, HOLD

- 1-2 Step left to left, cross right behind left
- 3-4¼ turn left stepping forward on left, brush right forward (facing 9:00)**
- 5-6 Cross right over left, step back on left
- 7-8 Step right to right, hold

## CROSS ROCK, SIDE, HOLD, CROSS ROCK, ¼ TURN RIGHT, HOLD

- 1-4 Cross rock left over right, recover onto right, step left to left side, hold
- 5-6 Cross rock right over left, recover onto left
- 7-8¼ turn right stepping forward on right, hold (facing 12:00)**

## STEP, ¼ TURN RIGHT, CROSS, HOLD, TRIPLE THREE ¼ TURN LEFT, HOLD

- 1-2 Step forward on left, ¼ turn right (facing 3:00)
- 3-4 Cross left over right, hold
- 5-6¼ turn left stepping back on right, ½ turn left stepping forward on left (facing 6:00)**
- 7-8 Step forward on right, hold

## LEFT LOCK STEP, BRUSH, RIGHT LOCK STEP, BRUSH

- 1-2 Step forward on left, lock right behind left
- 3-4 Step forward on left, brush right forward
- 5-6 Step forward on right, lock left behind right

7-8 Step forward on right, brush left forward

### **MAMBO FORWARD, HOLD, MAMBO BACK, HOLD**

1-4 Rock forward on left, recover onto right, step left beside right, hold

5-8 Rock back on right, recover onto left, step right beside left, hold

### **RUMBA BOX**

1-4 Step left to left, step right beside left, step forward on left, hold

5-8 Step right to right, step left beside right, step back on right, hold

### **BACK LEFT, HOLD & CLAP, BACK RIGHT, HOLD & CLAP SAILOR ¼ TURN LEFT, HOLD**

1-2 Step back on left, hold & clap

3-4 Step back on right, hold & clap

**5-6¼ turn left stepping left behind right, step right to right (facing 3:00)**

7-8 Step left to left, hold

### **REPEAT**