

THIS IS US

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Count: 64 **Wall:** 4 **Level:** intermediate

Choreographer: David Cheshire

Music: This Is Us by Mark Knopfler & Emmylou Harris

VINE RIGHT, CROSS PIVOT $\frac{1}{2}$ TURN RIGHT, HEEL, TOE

1-4 Step right to right, step left behind right, step right to right, cross left over right

5-8 On balls of feet pivot $\frac{1}{2}$ turn right, step forward on right heel, drop right toe

VINE LEFT, CROSS PIVOT $\frac{1}{2}$ TURN LEFT, HEEL, TOE

9-12 Step left to left, step right behind left, step left to left, cross right over left

13-16 On balls of feet pivot $\frac{1}{2}$ turn left, step forward on left heel, drop left toe

CROSS STEP, HOLD, $\frac{1}{2}$ TURN HEEL BOUNCES, SLOW COASTER, SCUFF

17-20 Cross right over left, hold, unwind $\frac{1}{2}$ turn left with 2 heel bounces

21-24 Step back on left, step right next to left, step forward on left, scuff right forward

REPEAT STEPS 17-24

25-28 Cross right over left, hold, unwind $\frac{1}{2}$ turn left with 2 heel bounces

29-32 Step back on left, step right next to left, step forward on left, scuff right forward

CROSS ROCK, SIDE, HOLD, CROSS ROCK, $\frac{1}{4}$ TURN, HOLD

33-36 Step right across left, recover on left, step right to right, hold

37-40 Step left across right, recover on right, turn $\frac{1}{4}$ turn left stepping left forward, hold

STEP PIVOT $\frac{1}{4}$ TURN LEFT, STEP HOLD, STEP PIVOT $\frac{1}{2}$ TURN RIGHT, STEP, HOLD

41-44 Step forward on right, pivot $\frac{1}{4}$ turn left, step forward on right, hold

45-48 Step forward on left, pivot $\frac{1}{2}$ turn right, step forward on left, hold

TURN, HOLD, TURN, HOLD, STEP, LOCK, STEP, SCUFF

49-50 Step back on right foot turning $\frac{1}{4}$ left, hold

51-52 Step forward on left foot turning $\frac{1}{4}$ left, hold

53-56 Step forward on right, step left behind right, step forward on right, scuff left forward

STEP PIVOT $\frac{1}{2}$ TURN, STEP PIVOT $\frac{1}{4}$ TURN, STEP, SKATE STEPS X 3, HOLD

57-58 Step forward on left & pivot ½ turn right

59-60 Step forward on left & pivot ¼ turn right

61-64 Sweep left foot forward to the left at diagonal, repeat with right & left foot, hold

REPEAT