

THIS IS US

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

Choreographer: Yvonne & Dyka

Music: This Is Us by Mark Knopfler & Emmylou Harris

- 1-4** Right foot step diagonal back right, left foot touch to right foot, left foot step diagonal back left, right foot touch to left foot
- 5-8** Right foot step into ¼ turn right, left foot touch to right foot, left foot step into ¼ turn right, right foot touch to left foot
- 9-12** Right foot step right, left foot cross behind right, right foot step right, left foot cross in front of right
- 13-16** Right foot step right, left foot step into ¼ turn left, right foot step forward, hold one count
- 17-20** Left foot step diagonal forward left, right foot touch to left foot, right foot step diagonal forward right, left foot touch to right foot
- 21-24** Left foot step into ¼ turn left, right foot touch to left foot, right foot step into ¼ turn left, right foot touch to left foot
- 25-28** Left foot step left, right foot cross behind left, left foot step left, right foot cross in front of left
- 29-32** Left foot step left, right foot step into ¼ turn right, left foot step forward, hold one count
- 33-36** Right foot step right, left foot cross behind right foot, right foot step right, left foot step to right foot
- 37-40** Slow count right applejack, slow count left applejack

Alternative: 37-40 swivets or toe fans can be substituted

41-48 Repeat 33-40 leading with left foot

49-52 Walk forward right, left, right, hold one count

53-56 Bounce heels three time making $\frac{1}{2}$ turn left, hold one count

57-60 Left foot step back, right foot step to left foot, left foot step forward, hold one count

61-64 Right toes touch to right, right heel forward, hook right foot under left knee, make $\frac{1}{4}$ turn left & kick right foot forward

REPEAT