

SISTERHEART

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Count: 32

Wall: 4

Level: intermediate

Choreographer: Phil Carpenter

Music: Sisterheart by The Senti-Mentals

RIGHT TOE TOUCH & KICK FORWARD, RIGHT TOE TOUCH SWIVEL ¼ RIGHT & KICK RIGHT FORWARD, RIGHT STEP BACK ½ TURN LEFT, TRIPLE ½ TURN LEFT

- 1-2** Right touch beside left, right kick forward towards left diagonal
- 3-4** Right touch beside left, on the ball of left swivel ¼ right & kick right forward
- 5-6** Right step back beyond left, turn ½ left & step left forward
- 7&8** Triple ½ turn left stepping right left right

LEFT ROCK BACK & RECOVER, FULL TURN RIGHT, LEFT SHUFFLE FORWARD, RIGHT TOE & HEEL TOUCHES WITH BODY SWIVELS

- 9-10** Left step back, recover weight on right
- 11** On ball of right pivot ½ turn right while stepping back on left
- 12** On ball of left pivot ½ turn right while stepping forward on right
- 13&14** Left step forward, right step beside left, left step forward
- 15** Touch right toe to left instep & on ball of left swivel body to left
- 16** Touch right heel to left instep & on ball of left swivel body to right

WITH STYLING: RIGHT CROSS, LEFT TOE & HEEL TOUCHES & CROSS TURNING 1/6 RIGHT, RIGHT TOE & HEEL TOUCHES & CROSS TURNING 1/6 RIGHT, LEFT TOE TOUCH

- 17** Right cross over left & on ball of left swivel body to left
- 18** Touch left toe to right instep & on ball

WITH STYLING: LEFT HEEL TOUCH & CROSS TURNING 1/6 RIGHT, RIGHT SHUFFLE FORWARD, FULL TURN RIGHT, LEFT SHUFFLE FORWARD

- 25** Touch left heel to right instep & on ball of right swivel body to left
- 26** Left cross over right & on ball of right swivel body to right & turn approx 1/6 to right (half turn now complete)
- 27&28** Right step forward, left step beside right, right step forward
- 29** On ball of right pivot ½ turn right while stepping back on left

30 On ball of left pivot $\frac{1}{2}$ turn right while stepping forward on right

31&32 Left step forward, right step beside left, left step forward

REPEAT

TAG

At the end of wall ten, after step 32 continue with a shuffle/chasse box as follows:

&1&2 On ball of left turn $\frac{1}{4}$ left & chasse right

&3&4 On ball of right turn $\frac{1}{4}$ left & chasse left

&5&6 On ball of left turn $\frac{1}{4}$ left & chasse right

&7&8 On ball of right turn $\frac{1}{4}$ left & chasse left

To assist the dancers to pick up this tag, wall 10 is the first wall of vocals after the instrumental section on walls 8 & 9. This tag happens only once & enables the steps to synchronize with the lyrics at the start of wall 11.