

THIS IS US

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Count: 48 **Wall:** 4 **Level:** beginner/intermediate social cha

Choreographer: Sharon Kendrick & Paul Farrugia

Music: This Is Us by Mark Knopfler & Emmylou Harris

2 LOCK STEPS FORWARD, 2 WALKS BACK AND COASTER STEP

- 1&2** Step left forward lock right behind left step left forward
- 3&4** Step right forward lock left behind right step right forward
- 5-6** Step back on left, step back on right
- 7&8** Step left back step right beside left step left forward

EXTENDED WEAVE, SIDE ROCK RECOVER, CROSS SHUFFLE, $\frac{3}{4}$ SHUFFLE LEFT TURN

- 1&2** Cross right over left, step left to left side cross right behind left
- &3&4** Step left to left side cross right over left, rock out left to left side and recover onto right
- 5&6** Cross left over right and cross shuffle
- 7&8 $\frac{1}{4}$** turn left stepping back on right, $\frac{1}{2}$ turn left stepping on left, step forward right

MAMBO FORWARD, MAMBO BACK, LEFT $\frac{1}{4}$ TURN $\frac{1}{2}$ TURN $\frac{1}{4}$ TURN SIDE SHUFFLE

- 1&2** Rock forward left, recover back on right, step left next to right
- 3&4** Rock back right, recover forward on left, step right next to left
- 5-6 $\frac{1}{4}$** turn left stepping on left, $\frac{1}{2}$ turn left stepping back on right
- 7&8 $\frac{1}{4}$** turn left stepping left to left side, step right next to left, step left to left side

KICK BALL CHANGE AND 2 TOE STRUTS TWICE

- 1&2** Kick right forward, step right next to left, step left
- 3&4&** Step forward on right toe, drop right heel, step forward left toe, drop left heel
- 5&6** Kick right forward, step right next to left, step left
- 7&8** Step forward on right toe, drop right heel, step forward left toe, drop left heel

2 X HEEL HOOK, BACK SHUFFLE, 2 X HEEL HOOK, FORWARD SHUFFLE

- 1&2&** Point right heel forward, hook right foot across left leg, point right heel forward, hook right foot across left leg

- 3&4** Step back on right, step left next to right, step back on right
- 5&6** Point left heel forward, hook left foot across right leg, point left heel forward, hook left foot across right leg
- 7&8** Step forward left, step right next to left, step forward left

STEP ½ TURN, SHUFFLE ½ TURN, COASTER STEP, STEP TOUCH

- 1-2** Step forward on right, left ½ turn weight onto left
- 3&4** Turning ¼ left stepping onto right, turning ¼ turn left stepping left next to right, step right slightly back
- 5&6** Step back on left, step right next to left, step forward left
- 7-8** Step forward right, touch left next to right

REPEAT