

Sister Kate



Competition Step Sheet

DIVISION 4 Novice (Open, Crystal & Silver)

Description: 32 Counts, 4 Walls, Showdance, Non-Country
Choreographer: Ria Vos
Music: Sister Kate by The Ditty Bops
Count-in: 8 Count Intro
Note: Dancers will dance Wall 1 Vanilla, Tag Vanilla, Wall 2 Vanilla, Wall 3 Variation, Tag Variation, Wall 4 Vanilla, Wall 5 Variation, Wall 6 Vanilla, Tag Vanilla, V&V to finish

1-8 Toe Struts R & L, Kick-Ball-Step, Pivot ½ Turn R, ¼ Turn R Step Side, Point Back, Kick-Ball-Cross

1&2& R Toe Strut Fwd, L Toe Strut Fwd (Shimmy Shoulders)
3&4 R Kick Fwd, Step on Ball of R Next to L, Step Fwd on L
5 Pivot ½ Turn Right
6-7 Turn ¼ Right Step L Long Step to Left Side, Point R Behind L
8&1 R Kick to Right Diagonal, Step on Ball of R Next to L, Cross L over R

9-16 Heel Jack, Heel Grind, Rock Back, Rec., Touch, Knee Split, Kick-Out-Out

&2 Step R Slightly to Right Side, Touch L Heel to Left Diagonal
&3& Step L next to R, Heel Grind R Over L, Step L to Left Side
4-5 Rock Back on R (Sticking Bum Out), Recover on L
&6& Touch R Next to L, Split Knees Apart, Bring Knees Together
7&8 Kick R Fwd, Step R Out to Right Side, Step L Out to Left Side

17-24 Swivets, Toe Struts Backwards, Coaster Step, Triple Full Turn Right

1& Weight on L Toe and R Heel Twist Both Feet So Toes are Pointing Right, Recover to Centre
2& Weight on R Toe and L heel Twist Both Feet So Toes are Pointing Left, Recover to Centre
3&4& R Toe Strut Backward, L Toe Strut Backwards
5&6 Step Back on R, Step L Next to R, Step Fwd on R
7&8 Turn ½ Right Step Back on L, Turn ½ Right Step Fwd on R, Step Fwd on L

25-32 Pivot ¼ Turn Left x2, Charleston Step

1-2 Step Fwd on R, Pivot ¼ Turn L
3-4 Step Fwd on R, Pivot ¼ Turn L
5-6 Touch R Toe Fwd, Step Back on R
7-8 Touch L Toe Backwards, Step Fwd on L

Tag: After wall 1 (3:00), 3 (9:00) and 6 (6:00)

1-4 Repeat Last 4 Counts (Charleston Step)
(Tags occur after every vocal part)