

## Sister Kate

32 Count, 4 Wall, Intermediate

Choreographer: Ria Vos (NL) May 2009

Choreographed to: Sister Kate by The Ditty Bops

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Intro: 8 counts from first beat

**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 (Option: Throw Arms Left)  
8&1 R Kick to Right Diagonal, Step on Ball of R Next to L, Cross L over R

**Heel Jack with 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&4 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 (Feet Shoulder Width Apart)

**Swivels, 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 Backwards (Option: Click Fingers R), L Toe Strut Backwards (Option: Klick Fingers L)  
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

**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)

- Ending:** You will end on Count 16 (Kick-Out-Out)  
Turn ¼ Left after the Kick, so the Out-Out Steps will be facing front (12:00)

*Note: Although the music has a Two-step Rhythm, I have chosen to write the steps in half-time.*