



Approved by:



# Sister Kate

## 4 WALL - 32 COUNTS - INTERMEDIATE

		CALLING SUGGESTION	
<b>Section 1</b> 1 & 2 & 3 & 4 5 6 - 7 <b>Styling</b> 8 & 1	<b>Toe Strut x 2, Kick Ball Step, Pivot 1/2, 1/4 Turn, Point, Kick Ball Cross</b> Step right toes forward. Drop right heel taking weight. (Shimmy shoulders) Step left toes forward. Drop left heel taking weight. (Shimmy shoulders) Kick right forward. Step right beside left. Step left forward. Pivot 1/2 turn right. Make 1/4 turn right stepping left long step to left side. Point right behind left. Counts 6 - 7: Throw arms left Kick right to right diagonal. Step right beside left. Cross left over right.	Toe Strut Toe Strut Kick Ball Step Pivot Turn Point  Kick Ball Cross	Forward  Turning right  Right
<b>Section 2</b> & 2 & 3 & 4 - 5 & 6 & 7 & 8 <b>Note</b>	<b>Heel Jack With Heel Grind, Back Rock, Touch, Knee Split, Kick-Out-Out</b> Step right slightly to right side. Touch left heel forward to left diagonal. Step left beside right. Heel grind right over left. Step left to left side. Rock back on right (pushing bottom out). Recover onto left. Touch right beside left. Split knees apart. Bring knees together. Kick right forward. Step right out to right side. Step left out to left side. Counts & 8: feet should be shoulder width apart.	& Heel & Grind & Rock Recover Touch Knee Split Kick Out Out	On the spot Left On the spot
<b>Section 3</b> 1 & 2 & 3 & 4 & 5 & 6 7 & 8	<b>Swivel x 2, Back Strut x 2, Coaster Step, Triple Full Turn</b> Weight on left toe and right heel, twist so toes point right. Recover to centre. Weight on right toe and left heel, twist so toes point left. Recover to centre. Step right toes back (click fingers right). Drop right heel taking weight. Step left toes back (click fingers left). Drop left heel taking weight. Step right back. Step left beside right. Step right forward. Make 1/2 turn right and step left back. Make 1/2 turn right and step right forward. Step left forward.	Swivel Right Swivel Left Back Strut Back Strut Coaster Step Turn Turn Step	On the spot  Back  On the spot Turning right
<b>Section 4</b> 1 - 2 3 - 4 5 - 6 7 - 8	<b>Step Pivot 1/4 (x 2), Charleston Step</b> Step right forward. Pivot 1/4 turn left. Step right forward. Pivot 1/4 turn left. Touch right toe forward. Step right back. Touch left toe backward. Step left forward.	Step Pivot Step Pivot Touch Step Touch Step	Turning left  Back Forward
<b>Tag</b> 1 - 2 3 - 4 <b>Note</b>	<b>End of Wall 1 (3:00), Wall 3 (9:00), and Wall 6 (6:00): Repeat Charleston Step</b> Touch right toe forward. Step right back. Touch left toe backward. Step left forward. The Tag occurs after every vocal part.	Touch Step Touch Step	Back Forward
<b>Ending</b> 1 - 2	<b>Dance ends on Count 16 (Kick-Out-Out):</b> Make 1/4 turn left after the Kick, so the Out-Out steps are facing the front.		

**Choreographed by:** Ria Vos (NL) May 2009

**Choreographed to:** 'Sister Kate' by The Ditty Bops from CD The Ditty Bops;  
 also available as download from amazon.co.uk or iTunes (8 count intro)

**Tag:** There is a simple 4-count Tag, danced at the end of Walls 1, 3 and 6

**Choreographer's Note:** Although the music has a Two-Step rhythm, I have chosen to write the steps in half time.



A video clip of this dance is available at  
[www.linedancermagazine.com](http://www.linedancermagazine.com)