
Intro: 8 counts from first heavy beat, app. 10 secs into track. Start with weight on L foot

Note: This is a beginner floor-split to Ria Vos' brilliant dance 'Sister Kate'

(1 – 8) R toe strut, L toe strut, R kick ball change, R rock fw, R coaster step

1&2& Step fw on ball of R foot (1), step down on whole foot (&), step fw on ball of L foot (2), step down on whole foot (2) 12:00

3 & 4 Kick R fw (3), step R next to L (&), change weight to L foot (4) 12:00

5 – 6 Rock R fw (5), recover weight to L foot (6) 12:00

7 & 8 Step back on R foot (7), bring L next to R (&), step fw on R (8) 12:00

(9 – 16) L toe strut, R toe strut, L kick ball change, L rock fw, L coaster step

1&2& Step fw on ball of L foot (1), step down on whole foot (&), step fw on ball of R foot (2), step down on whole foot (2) 12:00

3 & 4 Kick L fw (3), step L next to R (&), change weight to R foot (4) 12:00

5 – 6 Rock L fw (5), recover weight to R foot (6) 12:00

7 & 8 Step back on L foot (7), bring R next to L (&), step fw on L (8) 12:00

(17 – 24) R rock fw, R shuffle back, L rock back, L shuffle fw

1 – 2 Rock fw on R (1), recover weight to L foot (2) 12:00

3 & 4 Step back on R (3), bring L next to R (&), step back on R (4) 12:00

5 – 6 Rock back on L foot (5), recover weight to R foot (6) 12:00

7 & 8 Step fw on L (7), bring R next to L (&), step fw on L (8) 12:00

(25 – 32) Step ¼ L X 2, R charleston step

1 – 2 Step fw on R foot (1), make ¼ L (weight on L) (2) 9:00

3 – 4 Step fw on R foot (3), make ¼ L (weight on L) (4) 6:00

5 – 6 Point R foot fw (5), step back on R (6) 6:00

7 – 8 Point L foot back (7), step fw on L (8) 6:00

TAG: After wall 1 (facing 6:00), wall 3 (facing 3:00) and wall 6 (facing 12:00).

Add a R charleston step:

1 – 4 Point R fw (1), step back on R (2), point L back (3), step fw on L (4)