SISTER KATE

Choreography: Lee & Irene Rogers, 3892 Cook-Underwood Rd, Cook, WA 98605
Music: "Sister Kate" Artist: The Ditty Bops
Recording: Album: The Ditty Bops Track 4
Footwork: Opposite except where otherwise noted
Rhythm/Level: Quickstep / Two Step Phase IV+2U(Chasse Weave, Broken Box with Shimmies)
Speed: 49rpm at 95% Duration: 2:25 as recorded; 2:32 at 95% (Adjust for comfort)
Sequence: Intro A B A C A Ending Difficulty: Average
Version 1.1 -- Revised July 2016 -- Head cues changed for Meas 10&11 of Part A

INTRO
1 OP LOD – WAIT 1 MEAS [7 HORN NOTES];
2-5 CIRC AWAY 2 & 2-STP;; CIRC TOG 2 & 2-STP [CP DLW];;
ss 2 Circle CCW awy from ptr twd COH fwd L, -, fwd R, -
qqqs 3 Cont CCW circle awy from ptr twd COH fwd L, cl R, fwd L, -
ss 4 Circle CCW twd ptr & WALL fwd R, -, fwd L, -
qqqs 5 Cont CCW circle twd ptr & WALL fwd R, cl L, fwd R, - blndg to CP DLW

PART A
1-4 QTR TRN & PROG CHASSE ~ FWD;;;
ss 1 Fwd L, -, fwd R trng RF, -
qqqs 2 Sd L contg RF trn, cl R, sd & bk L fcg DRW, -
sqq 3 Bk R trng LF, -, sd L, cl R
ss 4 Sd & slight fwd L, -, fwd R to BJO DLW, -

5-8 RUNNING FWD LKS;; MANU SD CL; PVT 2 DLW;
qqqq 5 Fwd L, Lk Rib, fwd L, fwd R
qqqs 6 Fwd L, Lk Rib, fwd L, - to BJO DLW
sqq 7 Fwd R trng RF, -, contg RF trn sd L ifo W, cl R (W fwd L, fwd R, cl L) to CP RLOD
ss 8 Bk L stg 5/8 RF trn, -, fwd R compg trn, - to CP DLW

9-12 HVR TELE; HALF NAT TRN; HEEL PULL; WALK 2;
sqq 9 Fwd L, -, diag sd & fwd R hvrong with 1/4 RF body trn, fwd L to SCP DLW
sqq 10 Fwd R trng RF, -, sd L (W cl R heel trn), bk R to CP RLOD
ss 11 Bk L stg RF trn, -, cont RF trn on L heel pull R bk to L transferring weight to R at end of
step endg w/ ft slight apt, - to CP DLC
ss 12 Fwd L, -, fwd R, - to CP DLC

13-16 2 L TRNS [WALL];; SKATE L & R; SD 2-STP;
sqq 13 Fwd L stg LF trn, -, sd R contg LF trn, cl L compg LF trn to CP RLOD
sqq 14 Bk R stg LF trn, -, sd L contg LF trn, cl R compg LF trn CP WALL
ss 15 Releasing hnds swvl LF on R ft & step sd & fwd L, draw R to L swinging arms to L, swvl
RF on L ft & step sd & fwd R, draw L to R swinging arms to R
qqqs 16 Sd L, cl R, sd L, - to OP FCG WALL

17-18 SKATE R & L; SD 2-STP [CP];
ss 17 Swvl RF on L ft & step sd R, draw L to R swinging arms to R, swvl LF on R ft & step sd L,
draw R to L swinging arms to L
qqqs 18 Sd R, cl L, sd R, - blndg to CP WALL [except on third time, blnd to BFLY]
SISTER KATE  
Lee & Irene Rogers

PART B

1-4 STROLLING VINE;;;;;
 ss 1 Slight RF trn sd L, -, slight LF trn XRib, - to CP WALL ;
qqqs 2 Contg LF trn sd L, contg trn cl R, contg trn sd L, -, to CP DLC ;
 ss 3 Slight LF trn sd R, -, slight RF trn XLib, - to CP DLC ;
qqqs 4 Contg RF trn sd R, contg trn cl L, contg trn sd R, - to CP WALL ;

5-8 TRAV DOORS;;;;;
ssqqqs 5-6 Blndg to BFLY rk sd L, -, rec R, - ; XLif, cl R, XLIf, - ;
ssqqqs 7-8 Rk sd R, -, rec L, - ; XRif, cl L, XRif, - blndg to CP WALL ;

9-12 TRAV BOX W/ TWIRL;;;;;
qqqs 9 Sd L, cl R, fwd L, - ;
 ss 10 Trng RF to RLOD fwd R, -, fwd L, - (W sd L trng 1/2 LF undr jnd ld hnds, -, sd R trng 1/2 LF, -) ;
qqqs 11 Blndg to CP WALL sd R, cl L, bk R, - ;
 ss 12 Blndg to SCP LOD fwd L, -, fwd R, - ;

13-16 LACE ACRS; WALK 2; LACE BK; WALK & PU [DLW];
qqqs 13 Fwd L diag acrs LOP passing bhd W with ld hnds jnd (W fwd R diag acrs LOP passing ifo M undr jnd ld hnds), cl R, fwd L, - to L-OP LOD ;
 ss 14 Fwd R, -, fwd L, - to L-OP LOD ;
qqqs 15 Fwd R diag acrs LOP passing bhd W with trlg hnds jnd (W fwd L diag acrs LOP passing ifo M undr jnd trlg hnds), cl L, fwd R, - to OP LOD ;
 ss 16 Fwd L, -, sm fwd R trng 1/8 RF (W fwd L trng LF to fc ptr), - blndg to CP DLW ;

PART C

1-3 HVR TO LOD ~ SLO NAT HVR FALWY;;;;;
 ss 1 Fwd L, -, fwd & sd R rising, - ;
 ss 2 Rec L blndg to SCP LOD, -, fwd R trng RF, - ;
 ss 3 Fwd L trng RF with slo rise, -, rec R, - to SCP WALL ;

4-8 SLIP PIVOT ~ STRUT 3 CKG;;;;; FISHTAIL; WALK 2;
 ss 4 Bk L, -, bk R stg LF trn keeping L leg extended, - (W bk R stg LF trn pvt on ball of ft keeping L leg extended, -, fwd L comp LF trn w/ L ft near M’s R ft, - ) to BJO LOD ;
 ss 5 Fwd L, -, fwd R, - ;
 ss 6 Fwd L, -, fwd R ckg, - ;
qqqq 7 XLib, sd R trng 1/4 RF to DLW, fwd L, XRib trng LF to CP LOD ;
 ss 8 Fwd L, -, fwd R, - ;

9-12 OP TELE ~ SLO HALF NAT;;;;; PVT 2 DLC;
 ss 9 Fwd L stg LF trn, -, fwd & sd R contg trn (W cl R heel trn), - ;
 ss 10 Fwd & sd L to SCP WALL, -, fwd R trng RF (W sm fwd L) blndg to CP RLOD, - ;
 ss 11 Sd L, -, bk R, - to CP RLOD ;
 ss 12 Bk L trng 3/8 RF, -, fwd R, - to CP DLC ;
SISTER KATE
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13-16  CHASSE WEAVE;;;

sqq 13  Fwd L trng LF, -, sd R to fc COH, cl L ;
ss 14  Sd R trng LF, -, bk L blndg to BJO DRC, - ;
sqq 15  Bk R blndg to CP trng LF to fc WALL, -, sd L, cl R ;
ss 16  Sd L trng LF, -, fwd R, - to CP DLW ;

ENDING

1-4  BROKEN BOX WITH SHIMMIES;;;

qqq 1  Sd L, cl R, fwd L, draw R ;
qqqq 2  [Hip shimmy*] Sip R, L, R, L with hip action ;
qqs 3  Sd R, cl L, bk R, draw L ;
qqqq 4  [Hip shimmy*] Sip L, R, L, R with hip action - to BFLY WALL ;

5-8  SLO VIN 4;;  QK VIN 6 & PT LOD - W/ ARMS;;

ss  5  Sd L, - , XRib, - ;
ss  6  Sd L, - , XRif, - to BFLY WALL ;
qqqq  7  Sd L, XRib, sd L, XRif ;
qqs  8  Sd L, XRib releasing hnds drawing them twd bdy, pt L twd LOD & quickly extend arms out
to side with palms down (as in a baseball umpire’s motion for “You’re safe!”), - ;

*NOTE – “Hip shimmy”: With feet slightly apart & knees slightly bent, straighten R knee, then
straighten L knee while bending R knee, then straighten R knee while bending L knee, continuing this
process alternating R, L, R, L, etc. (while keeping both feet on the floor throughout). This results in the
hips alternately shaking up and down. In the ENDING of this dance we use a 4-step shimmy R,L,R,L
in measure 2, and L,R,L,R in measure 4. For dancers who prefer not to shimmy, Measures 1-4 of the
ENDING can be danced as a normal BROKEN BOX.

The Ditty Bops is a band headed by Abby DeWald (singing & playing acoustic guitar) and Amanda Barrett (singing and
playing ukulele, mandolin and dulcimer). They have been writing and performing music together since 2003, with a number
of records and CDs, as well as TV and radio appearances. The band was formed soon
after the two were helping search for a neighbor’s lost cat in Los Angeles and wandered
into the backyard of another neighbor, Marty Cupps, who was a musician and guitar
collector. After he heard the two play and sing, he encouraged them to form a band, and
named them “The Ditty Bops”. The band combines jazz, blues, folk, Western swing,
pop, and ragtime in great harmonies, and they entertain their audiences with elaborate
live shows, including not only their refreshing music, but also various props, costumes,
skits, and amusing slideshows in the flavor of vaudeville.
The song “I Wish I Could Shimmy Like My Sister Kate” (often simply called “Sister Kate”) was written by Clarence Williams and Armand Piron in 1915, and has been
performed by dozens of artists over the years, with a number of variations in the melody,
lyrics, and style.
QUICKCUES

Rhythm/Level: Quickstep / Two Step  Phase IV+2U(Chasse Weave, Broken Box with Shimmies)

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INTRO

OP LOD – WAIT 1 MEAS [7 HORN NOTES];
CIRC AWAY 2 & 2-STP;; CIRC TOG 2 & 2-STP [CP DLW];

Part A

QTR TRN & PROG CHASSE ~ FWD;;;;
RUNNING FWD LKS;; MANU SD CL; PVT 2 DLW;
HVR TELE; HALF NAT TRN; HEEL PULL; WALK 2;
2 L TRNS [WALL];; SKATE L & R; SD 2-STP;
SKATE R & L; SD 2-STP [CP];

Part B

STROLLING VINE;;;;
TRAV DOORS;;;;
TRAV BOX W/ TWIRL;;;;
LACE ACRS; WALK 2; LACE BK; WALK & PU [DLW];

Part A

QTR TRN & PROG CHASSE ~ FWD;;;;
RUNNING FWD LKS;; MANU SD CL; PVT 2 DLW;
HVR TELE; HALF NAT TRN; HEEL PULL; WALK 2;
2 L TRNS [WALL];; SKATE L & R; SD 2-STP;
SKATE R & L; SD 2-STP [CP];

Part C

HVR TO LOD ~ SLO NAT HVR FALWY;;;
SLIP PIVOT ~ STRUT 3 CKG;;; FISHTAIL; WALK 2;
OP TELE ~ SLO HALF NAT;;; PVT 2 DLC;
CHASSE WEAVE;;;;

Part C

HVR TO LOD ~ SLO NAT HVR FALWY;;;
SLIP PIVOT ~ STRUT 3 CKG;;; FISHTAIL; WALK 2;
OP TELE ~ SLO HALF NAT;;; PVT 2 DLC;
CHASSE WEAVE;;;;

Part A

QTR TRN & PROG CHASSE ~ FWD;;;;
RUNNING FWD LKS;; MANU SD CL; PVT 2 DLW;
HVR TELE; HALF NAT TRN; HEEL PULL; WALK 2;
2 L TRNS [WALL];; SKATE L & R; SD 2-STP;
SKATE R & L; SD 2-STP [BFLY];

Ending

BROKEN BOX WITH SHIMMIES;;;
SLO VIN 4;; QK VIN 6 & PT LOD - W/ ARMS;;

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