

We Are Family by Sister Sledge
From the CD: Sister Sledge – WE ARE FAMILY
Routine for Half Noodles or Lummi Sticks
Choreographed by Kathy Wagner, Wichita Collegiate School, Wichita, KS

Partners are facing each other and scattered about the gymnasium.

*NOTE - (*Words to song are in italics*) Actions starting with those words are listed below italicized words. All lyrics are listed at the bottom of the routine.

INTRODUCTION (*instrumental*)

Standing feet together, tap noodles together on the off beat – 32 cts

One steps, tap noodles together on the off beat – 16 cts

Grapevine R, L, R, L, tap noodles on count 4 of each grapevine – 16 cts

PART A

(We are fami...)

Sword fight action with partner's noodles R,L,R,L – 4 cts

(...ly)

Tap noodles together 4 cts

(I've got)

Elbows bent in at waist level, R noodle travels quickly in a circular pattern down toward the ground, to the back and around to the front – 1 ct

(all my)

Tap noodles together – 1 ct

(sisters)

L noodle travels quickly in a circular pattern down toward the ground, to the back and around to the front – 1 ct

(with)

Tap noodles together – 1 ct

(me)

Keeping elbows in, move each noodle out to its respective side, away from the front of the body – 1 ct

Bring noodles back to front and tap together 3x – 3 cts

(We are fami...)

Sword fight action with partner's noodles R,L,R,L – 4 cts

(...ly)

Tap noodles together 4 cts

(get up everybody and)

Lean to the right with noodles at waist level and do the twist – 4 cts

(sing)

Bring noodles back to front and tap together 4x – 4 cts

REPEAT ALL OF PART A – 1x (*We are family...*)

PART B

(brief instrumental with no words...every)

Tap partner's right noodle with your right noodle 2x – 2cts

Tap own noodles together 2x – 2cts

(one can)

Tap partner's left noodle with your left noodle 2x – 2cts

(see we're to...)

Tap own noodles together 2x – 2cts

(...gether)

One partner puts both noodles out in front at chest level, perpendicular to the floor, as his partner taps the outside of the noodles with his noodles (one on each side) 2x – 2cts

(...as we)

Tap own noodles together 2x – 2cts

(walk on)

Other partner puts both noodles out in front at chest level, perpendicular to the floor, as his partner now taps the outside of the noodles with his noodles 2x – 2cts

(by)

Tap own noodles together 2x – 2cts

(Fly!)

On the right side of the body, brush the right noodle backward then forward on the floor – 2cts

(And we)

Tap own noodles together 2x – 2cts

(fly just like)

On the left side of the body, brush the left noodle backward then forward on the floor – 2cts

(birds of a)

Tap own noodles together 2x – 2cts

(feather)

Step forward with the right foot and pivot turn 180 degrees

(I won't)

Bring feet together and tap own noodles together 2x – 2cts

(tell no)

Step forward with the right foot and pivot turn 180 degrees to face starting position

(lie)

Bring feet together and tap own noodles together 2x – 2cts

REPEAT ALL OF PART B - 1x *(All! All of the people around us...)*

REPEAT PART A – 2x *(We are family...)*

REPEAT PART B – 2x *(Living life is fun...)*

PART C (This entire movement is commonly referred to as a chase.)

(We are fami...ly...I've got all my sisters and...me)

One partner walks forward 3 steps with sticks resting on shoulders. On count four he stops and points both sticks forward towards partner. At the same time, the second person walks backwards 3 steps and with his sticks already extended forward. On count four he stops and brings the sticks back to rest on his shoulders. This pattern is then reversed with each partner changing to walk either forward or backward. **This entire sequence is done 4x.** *Note - As a group, this movement looks great if all one side walks backwards first and the other side walks forwards first.

(We are fami...)

Two steps to the R with noodles at waist level making a digging action to the R. Bring feet together and tap noodles together on ct 4.

(ly)

Two steps to the L with noodles at waist level making a digging action to the L. Bring feet together and tap noodles together on ct 4.

(I've got all my sisters and...)

Repeat above two step action to the R

(me)

Repeat above two step action to the L

(We are fami...)

Noodles resting at hip level, slide 3x to the R, stopping on ct 4 – 4 cts

(ly)

Do two jumping jacks – 4 cts

(get up everybody and...)

Slide 3x to the L, stopping on ct 4 – 4 cts

(dance)

Do two jumping jacks – 4 cts

**(Instrumental – music is stopped at this point due to length of song)*

Ending – Jump out to an X position and freeze with noodles in the air

Lyrics to We Are Family

(CHORUS 2x)

We are family

I got all my sisters with me

We are family

Get up ev'rybody and sing

(Verse 1)

Ev'ryone can see we're together

As we walk on by

(FLY!) and we fly just like birds of a feather

I won't tell no lie

(ALL!) all of the people around us they say

Can they be that close

Just let me state for the record

We're giving love in a family dose

(CHORUS 2x)

(Verse 2)

Living life is fun and we've just begun

To get our share of the world's delights

(HIGH!) high hopes we have for the future

And our goal's in sight

(WE!) no we don't get depressed

Here's what we call our golden rule

Have faith in you and the things you do

You won't go wrong

This is our family jewel

(REPEAT CHORUS TILL IT FADES OUT)