

Twist & Shout

Count: 16

Wand: 4

Ebene:

Choreograf/in: Jenny Rockett (UK)

Musik: Down At the Twist and Shout - Mary Chapin Carpenter



- 1& Rock forward on to right foot and back on to left foot
2& Rock back on to right foot and forward on to left foot
3&4 Right step forward, left foot close to right foot, right step forward
5& Rock forward on to left foot and back on to right foot
6& Rock back on to left foot and forward on to right foot
7&8 Left step forward, right close to left foot, left step forward
- 9& Rock forward on to right foot and back on to left foot
10 Right foot step back with $\frac{1}{4}$ turn to right
& Left foot step to right foot
11 Right foot step to right with $\frac{1}{4}$ turn to right
& Left foot touch to right foot
12 Left foot step forward $\frac{1}{4}$ turn to right
& Right foot step to left foot
13 Left foot step to left
& On ball of left foot $\frac{1}{2}$ turn to right
14& Step right foot to right, left foot touch to right foot
15& Left foot to left, right foot step to left foot
16& Left foot step to left, right foot touch to left foot

REPEAT
