

Twist-Em

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Jo Thompson Szymanski (USA)

Musik: The Twist - Ronnie McDowell



DO THE TWIST! 8 COUNTS

1-8 With feet together weight on balls of feet, twist heels L-R-L-R-L-R-L-R

Have fun with this! Loosen up and do any twist variation that you like!

STEP, KICK ACROSS 4 TIMES

1-2 Step right to right side, kick left across right

3-4 Step left to left side, kick right across left

5-8 Repeat above 4 counts.

SUPREMES STEP RIGHT & LEFT

1-3 Step right to right side turning body slightly right, step left together, step right to right side

4 Jump feet together, clap hands facing front.

5-8 Repeat above 4 counts starting with left foot.

For styling on the Supremes Step, bend elbows at side and push/swing fists in direction of travel.

TURN RIGHT, TURN LEFT, CHUG TWICE, CLAP TWICE

1-2 Turning right to face wall $\frac{1}{4}$ from original while stepping right forward, hold

3-4 Turning left $\frac{1}{2}$ while stepping left forward, hold

5-6 Placing feet together, chug (scoot) forward on both feet twice.

Option: Instead of the chugs you may stomp forward right, then stomp left together

7-8 Clap hands twice.

REPEAT