

Down At The Twist And Shout

Count: 64

Wand: 2

Ebene: Improver

Choreograf/in: DJ Dan (NL) & Wynette Miller (NL)

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



KICK, TOGETHER, KICK, TOGETHER, SWIVEL TO LEFT

- 1-2 Kick right forward, step right next to left
- 3-4 Kick left forward, step left next to right
- 5-6 Swivel heels to left, swivel toes to left
- 7-8 Swivel heels to left, swivel toes to center

KICK, TOGETHER, KICK, TOGETHER, SWIVEL TO RIGHT

- 9-10 Kick left forward, step left next to right
- 11-12 Kick right forward, step right next to left
- 13-14 Swivel heels to right, swivel toes to right
- 15-16 Swivel heels to right, swivel toes to center

HEEL SPLIT, TOE SPLIT, RIGHT ROCK STEP, STOMP, HOLD

- 17-18 Swivel heels out, swivel heels in
- 19-20 Swivel toes out and lift toes up, swivel toes in and drop
- 21-22 Rock right forward, recover weight on left
- 23-24 Stomp right next to left, hold

HEEL SPLIT, TOE SPLIT, LEFT ROCK STEP, STOMP, HOLD

- 25-26 Swivel heels out, swivel heels in
- 27-28 Swivel toes out and lift toes up, swivel toes in and drop
- 29-30 Rock left forward, recover weight on right
- 31-32 Stomp left next to right, hold

ROCKING CHAIR, STEP, HITCH ¼ TURN LEFT, STEP, HITCH ¼ TURN LEFT

- 33-34 Rock right forward, recover weight on left
- 35-36 Rock right back, recover weight on left
- 37-38 Step right forward, make on ball of right ¼ turn left and hitch left
- 39-40 Step left forward, make on ball of left ¼ turn left and hitch right

VINE RIGHT, SCUFF, VINE LEFT, SCUFF

- 41-42 Step right to side, cross left behind right
- 43-44 Step right to side, scuff left forward
- 45-46 Step left to side, cross right behind left
- 47-48 Step left to side, scuff right forward

CROSS ROCK, SIDE, HOLD, TWICE

- 49-50 Rock right across left, recover weight on left
- 51-52 Step right to side, hold
- 53-54 Rock left across right, recover weight on right
- 55-56 Step left to side, hold

ROCKS, HOLD, TWICE

- 57-58 Rock right forward, rock left back
- 59-60 Rock right forward, hold
- 61-62 Rock left forward, rock right back

63-64

Rock left forward, hold

REPEAT
