

Twist & Shake

Count: 32

Wall: 2

Level: Absolute Beginner

Choreographer: Sylvie Roy (CAN) - October 2022

Music: The Shake - Neal McCoy



Note: Translated from French by Cowboy Stomp and Dance, Varennes-Jarcy, FR

Notations:

R : Right

L: Left

[1-8] Start with R foot: walk forward thrice, kick with clap; march backward L, R, L, feet together

1-2-3-4 March forward R, L, R ; Kick L foot forward with hand clap

5-6-7-8 March backward L, R, L; R foot near L foot

[9-16] Swivels to R, hold with clap, swivels to left, hold with clap

1-2 Swivel heels to the R ; Swivel points to the R

3-4 Swivel heels to the R ; hold and hand clap

5-6 Swivel heels to the L ; Swivel points to the L

7-8 Swivel heels to the L ; Hold with a hand clap

[17-24] (Side R, together, side, touch) x 2; do the same steps symmetrically to the L

1-2 Move R foot to R, feet together

3-4 Move R foot to R, L foot touches R foot

5-6-7-8 Repeat 1, 2, 3, 4 symmetrically to the L

[25-32] (¼ L turn, touch, side R, touch) x 2

1-2 ¼ turn L with R foot to R side, L point touches R foot facing 9 O'clock

3-4 L foot to L side, R point touches L foot

5-6-7-8 Repeat 1, 2, 3, 4 facing 6 O'clock

Dance the other walls...
