

Twist 'n' Stomp

COPPER **NOB**
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Vicki E. Rader (USA)

Music: Twist and Shout - The Beatles



TRAVELING (RIGHT) SWIVELS, HEEL TWISTS

- 1-2 Swivel heels to the right; swivel toes to the right
- 3-4 Swivel heels to the right; swivel toes to the right
- 5-8 Shift weight to balls of both feet and twist heels right, left, right, left

TRAVELING (LEFT) SWIVELS, HEEL TWISTS, ¼ TURN RIGHT

- 9-10 Swivel toes to the left; swivel heels to the left
- 11-12 Swivel toes to the left; swivel heels to the left
- 13-15 Shift weight to balls of both feet and twist heels right, left, right
- 16 Twist heels ¼ turn left (now facing 3 o'clock) shifting weight to left foot

KICK TWICE, ROCK-STEP, SHUFFLE, STEP, STOMP

- 17-18 Kick right foot forward twice
- 19-20 Rock back on right foot; step forward on left foot
- 21&22 Shuffle forward right-left-right
- 23-24 Step forward on left foot; stomp right foot next to left

STEP, SLIDE, STEP, TOUCH, STEP, SLIDE, STEP, STOMP

- 25-26 Step right on right foot; slide left foot next to right
- 27-28 Step right on right foot; touch left foot next to right
- 29-30 Step left on left foot; slide right foot next to left
- 31-32 Step left on left foot; stomp right foot next to right (stomp down with weight)

REPEAT
