

# Twist-Em

**COPPER** KNOB  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Jo Thompson Szymanski (USA)

**Music:** The Twist - Ronnie McDowell



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## 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**

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