

Twist

Count: 56

Wall: 2

Level: Improver

Choreographer: Unknown - February 2008

Music: Old Time Buddy - Gallen Law



Intro: 16 count

Alternate music: Any jive or swing tempo

Start position - both feet together.

HEEL TWIST, HOLD, HEEL TWIST, HOLD, HEEL TWISTS R,L,R,L,

- 1,2 Twist both heels to the right, HOLD
- 3,4 Twist both heels to the left, HOLD
- 5,6 Twist Heels Right, Twist heels left
- 7,8 Twist Heels Right, Twist heels left (weight on left)

EXTENDED RIGHT LOCK STEP, ½ HITCH TURN RIGHT

- 1,2, Step forward on right, Lock left behind right (Option:With Shimmy Shoulder)
- 3,4 Step forward on right, Lock left behind right
- 5,6 Step forward on right, Lock left behind right
- 7,8 Step forward on right, Make ½ hitch turn right (Hitch left and pivot on ball of right) (6.00)

EXTENDED LEFT LOCK STEP, ½ HITCH TURN LEFT WITH SCUFF

- 1,2 Step forward on left, Lock right behind left (Option:With Shimmy Shoulder)
- 3,4 Step forward on left, Lock right behind left
- 5,6 Step forward on left, Lock right behind left
- 7,8 Step forward on left, Make ½ hitch turn left (Hitch right and pivot on ball of left) (12.00)

VINE RIGHT WITH ¼ RIGHT, ¼ RIGHT WITH LEFT SCUFF, VINE LEFT, CROSS

- 1,2 Step right to right side, Cross left behind right
- 3,4 Make ¼ turn right stepping forward on right, Make ¼ turn right scuffing the left (6.00)
- 5,6 Step left to left side, Cross right behind left
- 7,8 Step left to left side, Cross right over left

TOE-HEEL-CROSS LEFT, RIGHT, LEFT

- 1,2,3 Touch left toes in towards right, Tap left heel beside right, Cross left over right
- 4,5,6 Touch tight toe in towards left, Tap right heel beside left, Cross right over left
- 7,8,1 Touch left toes in towards right, Tap left heel beside right, Cross left over right

TOE-HEEL-CROSS LEFT, RIGHT, TOGETHER

- 2,3,4 Touch right toe in towards left, Tap right heel beside left, Cross right over left
- 5,6,7 Touch left toes in towards right, Tap left heel beside right, Cross left over right
- 8 Step right next to left

HEEL TWISTS RIGHT, LEFT, RIGHT, RIGHT HITCH, VINE RIGHT, TOGETHER

- 1,2,3 Twist Heels Right, Twist heels left, Twist Heels Right (travelling to right)
- 4,5 Hitch right up, Step right to right side
- 6,7,8 Cross left behind right, Step right to right side, Step left next to right (6.00)

Start again!

Documented by George Crutchlow & Winnie Yu

