

Twist & Jive

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Rex Allott (UK) - November 2024

Musique: Lost in the Rhythm - Jamie Berry & Octavia Rose



Intro - 32 beats

S1. Right kick ball step, bounce R, L, point fwd, out, back, R, L

- 1&2. Kick R fwd, return, step L next to R
- 3&4. Bounce to R, L, return R next to L
- 5&6. Point R toe fwd, out, return
- 7&8. Point L toe fwd, out, return

S2. Twist knees R, back, R, back x 2, 'jive' 3/4 turn L

- 1-2. Twist knees R, back to centre
- 3&4& Twist knees R, centre, R, centre
- 5-6. Point R toe diagonally out R (pointing R arm diagonally R to imaginary jive partner), return
- 7&8. Make 3/4 triple turn L stepping L, R, L

S3. Weave R, full walking turn R, chasse L

- 1-2. Step R to R, step L behind R
- 3-4. Step R to R, step L over R
- 5-6. Make a full turn R stepping R back, L fwd
- 7&8. Step L to L, step R next to L, step L to L

S4. Monkey steps x 2, L coaster step, step/brush L, R

- 1&2& Fan both toes out, in, out, in
- 3&4. Step L back, step R next to L, step L fwd
- 5-6. Brush R fwd & down
- 7-8. Brush L fwd & down

Restart after 4th S2. (12 o'clock), making 1/2 'jive' turn L on next S2.
