

Twist & Jive AB

Compte: 32

Mur: 4

Niveau: Absolute Beginner



Chorégraphe: Rex Allott (UK) - November 2024

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

Intro - 32 beats

S1. Point R toe fwd, out, back, return, rpt L

- 1-2. Point R toe fwd, out R
- 3-4. Touch R toe back, step R next to L
- 5-6. Point L toe fwd, out L
- 7-8. Touch L toe back, step L next to R

S2. Twist knees R, back, R, back, 'jive' 1/4 turn R

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

S3. Vine R, L

- 1-2. Step R to R, step L behind R
- 3-4. Step R to R, step L next to R
- 5-6. Step L to L, step R behind L
- 7-8. Step L to L, step R next to L

S4. Heel digs R, L, step/ brush L, R

- 1-2. Touch R heel diagonally fwd R, return
- 3-4. Touch L heel diagonally fwd L, return
- 5-6. Brush R fwd & down
- 7-8. Brush L fwd & down

Restart after 4th S2. @ 12 o'clock (make 1/2 'jive' turn R on next S2. if you want to finish facing 12 o'clock)
