

# Country Twist

拍数: 48      墙数: 2      级数: Absolute Beginner  
编舞者: Yvonne Anderson (SCO) - July 2015  
音乐: The Twist (Cowboy Style) - BJ Blue and the Cadillac Cowboys



Notes: Start on vocal. Thanks to my class for suggesting we have a dance that fits this track.  
Yes I do know 48 counts is a lot for a beginner, but because of the repetition it feels much shorter

## (S1) □ RIGHT HEEL DIG FORWARD X 2, RIGHT TOE TOUCHES BACK X 2, STEP, TOGETHER, HEEL SWING

1-2            Touch R heel forward twice [12]  
3-4            Touch R toes back twice [12]  
5-6            Step R forward, Step L beside right [12]  
7-8            Swing both heels to R, Return to centre weight on R [12]

## (S2) □ LEFT HEEL DIG FORWARD X 2, LEFT TOE TOUCHES BACK X 2, STEP, TOGETHER, HEEL SWING

1-2            Touch L heel forward twice [12]  
3-4            Touch L toes back twice [12]  
5-6            Step L forward, Step R beside left [12]  
7-8            Swing both heels to L, Return to centre weight on L [12]

## (S3) □ GRAPEVINE RIGHT, TOGETHER, TRAVELLING HEEL TOE TWISTS LEFT, FLICK

1-4            Step R to right, Step L behind right, Step R to right, Step L beside right [12]  
5-6            travelling left swing heels to left. Swing toes to left. Swing heels to left, flick R behind left [12]

## (S4) □ GRAPEVINE 1/4 TURN RIGHT, TOGETHER, TRAVELLING HEEL TOE TWISTS LEFT, FLICK

1-4            Step R to right, Step L behind right, Make 1/4 turn right stepping R forward, Step L beside right [12]  
5-6            travelling left swing heels to left. Swing toes to left. Swing heels to left, flick R behind left [12]

## (S5) □ STOMP FORWARD, SWIVEL HEEL, TOE, HEEL X 2

1-4            Stomp R forward (long step), Swing L heel towards right, Swing L toes towards right, Swing L heel towards right (weight remains on R throughout counts 1-4) [3]  
5-6            Stomp L forward (long step), Swing R heel towards left, Swing R toes towards left, Swing R heel towards left

(weight remains on R throughout counts 5-8) [3]

## (S6) □ STEP BACK, TAP X 2, GRAPEVINE 1/4 TURN RIGHT, TOGETHER

1-2            Step R back, Tap L toes beside right and clap hands [3]  
3-4            Step L back, Tap R toes beside left and clap hands [3]  
5-8            Step R to right, Step L behind right, Make 1/4 turn right stepping R forward, Step L beside right [6}

REPEAT