

East Hill Twist (P)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 0 级数: Beginner Partner
编舞者: Dan Albro (USA) - January 2017
音乐: Wake Me Up - Billy Currington



Choreographed for: East Hill Farms December 2015 Country Dance Weekend

Intro: 16 count intro. - Side by side position. Mans footwork described.
Same footwork except where noted.

[1-8] □ □ WALK, WALK, WALK, KICK, BACK, BACK, COASTER STEP

1,2,3,4 Step fwd R, step fwd L, step fwd R, kick L fwd
5,6,7&8 Step back L, step back R, step back L, step R next to L, step fwd L

[9-16] □ □ STEP, ¼ PIVOT TWIST, TWIST, ¼ TURN, ¼ TURN, TWIST, TWIST, ¼ TURN

1,2,3 Step fwd R, pivot ¼ left (ILOD) twisting left, twist right weight on R
4,5,6 Pivot ¼ left weight on L (BLOD), step fwd R, pivot ¼ left (OLOD) twisting left
7,8 Twist right weight on R, pivot ¼ left weight on L (FLOD)

Hands: □ - □

On count 1 release left hands and bring right hands over ladies head.

On count 2 pick up left hands, On count 4 release right hands

On count 5 bring left hands over ladies head and pick up right hands

[17-24] □ □ 4 SHUFFLES FWD, LADY TURNS (OPTIONAL)*

1&2,3&4 * □ Step fwd R, step L next to R, step fwd R, step fwd L, step R next to L, step fwd L
5&6 *,7&8 □ Step fwd R, step L next to R, step fwd R, step fwd L, step R next to L, step fwd L

* Ladies optional full turn:

3&4 Turn ¼ right stepping side L (OLOD), step R next to L, turn ¼ right stepping back L (BLOD)
5&6 Turn ¼ right stepping side R (ILOD), step L next to R, turn ¼ right stepping fwd R (FLOD)

Hands: - □ □

On count 3 release left hands, on count 5 bring right hands over ladies head

On count 6 pick up left hands

[25-32] □ □ ROCK, REPLACE, ¼ TURN, SHUFFLE SIDE, CROSS ROCK, REPLACE, ¼ SHUFFLE FWD

1,2 Rock fwd R, replace weight on L
3&4 Turn ¼ right stepping side R (OLOD), step L next to R, turn ¼ right stepping fwd R (BLOD)
5,6 Rock fwd L, replace weight on R
7&8 Turn ¼ left stepping side L (OLOD), step R next to L, turn ¼ left stepping fwd L (FLOD)

Repeat

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