

Twisted

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Amanda Bowler (USA) - December 2015
音乐: Twisted - Carrie Underwood
或: Dust - Eli Young Band



Intro: Start on lyrics

S1: Rolling Grapevine R, Rolling Grapevine L

1-2-3-4 Step R to R side, L 1/2 turn, R 1/2 turn, Touch L next to R
5-6-7-8 Step L to L side, R 1/2 turn, L 1/2 turn, Touch R next to L

S2: Side steps R, Side steps L

1-2-3-4 Step R to R side, Slide L together, Step R to R side, Slide L together
5-6-7-8 Step L to L side, Slide R together, Step L to L side, Slide R together

S3: Shuffle R, 1/2 Turn, Shuffle L, 1/2 Turn

1&2 Shuffle forward stepping R-L-R
3-4 Step L forward pivoting 1/2 turn R
5&6 Shuffle forward stepping L-R-L
7-8 Step R forward pivoting 1/2 turn L

S4: Toe touch R, L, Double R, Toe touch L, R, Double L

1&2& Touch R toe to R side, Step R together, Touch L toe to L side, Step L together
3&4& Touch R toe to R side, Touch R together, Touch R toe R side, Step R together
5&6& Touch L toe to L side, Step L together, Touch R toe to R side, Step R together
7&8 Touch L toe to L side, Touch L together, Touch L toe L side

S5: Cross & Behind & Cross & Cross, Rock Step 1/4, Shuffle 1/2

1&2& Cross L over R, Step R to R side, Step L behind R, Step R to side
3&4 Cross L over R, Step small R step to side, Cross L over R
5-6 Rock R forward, Recovering on L pivoting 1/4 to R
7&8 Shuffle 1/2 turn to R stepping R-L-R

S6: Rock Step, Coaster Step, Walk 1-2-3-4

1-2 Rock L forward, Recovering on R
3&4 Step L next to R, Step R next to L, Step down forward with L
5-6-7-8 Walk forward 4 steps starting R-L-R-L

Dance goes counter-clockwise

Contact: andama07@yahoo.com