

Twist And Shout

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Steve Rutter (UK) & Claire Rutter (UK) - February 2016
音乐: Let's Twist Again - Chubby Checker : (Album: Let's Dance - Original 's Hits
Compilation)



(44 Count Intro' – 16 Secs)

Alternative Music: "Shout" by Lulu & The Luvvers (145 / 133 B.P.M – 2:53 Mins) from "Something To Shout About" album
(8 Seconds Intro' – Starting on The Word "SHOUT" – "You Know You Make Me Wanna SHOUT").

Section 1 – Heel & Toe Swivels With Claps.

- 1-3 With weight on both feet swivel both heels to right, swivel both toes to right, swivel both heels to right.
- 4 Clap
- 5-6 With Weight on both feet swivel both heels to left, Clap.
- 7-8 With weight on both feet swivel both heels to right, Clap (12 o'clock)

Section 2 – Heel & Toe Swivels With Claps.

- 1-3 With weight on both feet swivel both heels to left, swivel both toes to left, swivel both heels to left
- 4 Clap.
- 5-6 With weight on both feet swivel both heels to right, Clap.
- 7-8 With Weight on both feet swivel both heels to left, Clap. (12 o'clock)

Section 3 – Forward Rock, Step Back, Hitch, Step Back, Hitch, Back Rock.

- 1-2 Rock forward on right, recover weight onto left.
- 3-4 Step back on right, hitch left knee.
- 5-6 Step back on left, hitch right knee
- 7-8 Rock back on right, recover weight onto left. (12 o'clock)

Section 4 – Rocking Chair, Pivot ¼ Turn Left, Stomp Twice.

- 1-2 Rock forward on right, recover weight onto left
- 3-4 Rock back on right, recover weight onto left.
- 5-6 Step forward on right, pivot a quarter turn left.
- 6-8 Stomp right foot beside left, Stomp left foot beside right. (9 o'clock)

Choreographers Note: When Using "Shout" by Lulu & The Luvvers at around 1.14 mins the music changes slightly and is marginally slower than the rest of the track, just dance through this and the music will kick in again at around 1.43 mins.

The dance is designed to fit to both tracks so you can Twist AND Shout!! This gives new dancers an option and also gets them used to remembering a dance not just a sequence of steps to a certain track!

Whichever music you use Have Fun!!

Enjoy!

Contact ~ E-Mail: steveandclaire@nulinedance.com - www.steveandclaire.wix.com/nulinedance

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