

# Charleston Twist

拍数: 48                      墙数: 4                      级数: Beginner  
编舞者: Gabby Parker (SA) - March 2016  
音乐: Shake Your Boogie and Roll - Pete Stothard



Intro: 24 count

## Sec. 1: Charleston Step x 2

1 – 4                      Touch R toe forward, hold. Step back on R, hold  
5 – 8                      Touch L toe back, hold. Step forward on L, hold

## Sec. 2: Repeat counts 1 - 8

## Sec. 3: Right Lock Step, Step Left. Forward Right Mambo, Step Left Back

1 – 4                      Step R forward, lock L behind R, step R Forward, step L forward  
5 – 8                      Rock R forward, recover to L, step R back, step L back

### Option:-

1-4                      Step R forward, lock L behind R, hold  
5-8                      Rock L forward, recover onto L, step back onto L, hold

## Sec. 4: Right Coaster, Step Left Forward. Step, Turn ½ Left, Step, Step L Forward

1 – 2                      Step back on R. Step L next to R  
3 – 4                      Step forward on R. Step forward on L  
5 – 8                      Step forward on R, ½ turn L wt to L, step R forward, step forward on L

## Sec. 5: Right Diagonal Lock Step, Hold. Left Diagonal Lock Step, 1/8 Turn L Stepping R To L.

1 – 4                      Step R forward, lock L behind R, step R forward, hold (7:30 )  
5 – 8                      Step L forward, lock R behind left, step L forward (4:30) 1/8 turn L stepping R next to L (3)

## Sec. 6: Swivels Right and Left

1 – 4                      Swivel heels to R, swivel toes to R, swivel heels to R, hold  
5 – 8                      Swivel heels to L, swivel toes to L, swivel heels to L, hold

Hope you enjoy the dance!

Contact: [gabbyparker5@gmail.com](mailto:gabbyparker5@gmail.com)

Last Update – 27th June 2016