

Christmas Twist

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: High Beginner Twist
编舞者: Christina Yang (KOR) - November 2016
音乐: A Christmas Twist - Si Cranstoun



Start the dance after 4 counts

(Note: It will be a lot more fun if you will dance to face each other)

SECTION 1: HEEL TWIST TO R, HOLD, HEEL TWIST TO L, HOLD

1-4 Both heel twist to R, Hold, Both heel twist to L, Hold

(Arm action: On the count 1&2, both hands hit thigh and on the count 3&4. Both hands clap on the beat)

5-8 Both heel twist to R, Hold, Both heel twist to L, Hold

(Arm action: on the count 5&6, cross twice R hand above L hand and on the count 7&8, cross twice L hand above R hand)

SECTION 2: HEEL TWIST TO R, HOLD, HEEL TWIST TO L, HOLD, HEEL TWIST TO R/L/R, FLICK TO R

1-4 Both heel twist to R, Hold, Both heel twist to L, Hold

(Arm action: On the 1&2, L hand hit twice R elbow while R hand stand and on the count 3&4, R hand hit twice L elbow while L hand stand)

5-8 Both heel twist to R/L/R by dropping down, RF flick to R side by stretching knee

SECTION 3: DIAGONAL ROCKING CHAIR, FORWARD KICK TO L, DIAGONAL FORWARD KICK TO R, CROSS BEHIND, SIDE

1-4 RF diagonal forward rock, L recover, RF backward rock, LF recover

5-8 RF diagonal kick to L, RF diagonal kick to R, RF cross behind LF, LF side

SECTION 4: SIDE, DIAGONAL FORWARD HEEL TOUCH, CROSS BEHIND, SIDE, (1/4 TURN TO R WITH PIVOT)X 2

1-4 RF side, LF diagonal heel touch, LF cross behind RF, RF side

5-8 LF forward, 1/4 turn to R with RF weight change, LF forward, 1/4 turn to R with RF weight change

TAG: After 10th wall, you will dance 4 counts of tag

1-4 Both heel twist to R/L/R/L

Contact: E-mail: chrisjj0618@yahoo.com

<http://www.youtube.com/user/thetrianglelinedance>

<https://www.facebook.com/christina.yang.148553>