

# Twerk It – Elsa

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Pep Soler (ES) & Paqui Lebrón - December 2016  
音乐: "Twerk It" de Elsa Barahona



**(Start the dance after 16 counts)**

## **[1 – 8] ROCK IN CHAIR RIGHT + MAMBO, ROCK IN CHAIR LEFT + MAMBO**

1 &      Rock forward RF, recover LF  
2 &      Rock backward RF, recover LF  
3 & 4      Rock forward RF, recover LF, step together RF  
5 &      Rock forward LF, recover RF  
6 &      Rock backward LF, recover RF  
7 & 8      Rock forward LF, recover LR, step together LF

## **[9 – 16] ROCK RIGHT FORWARD-RECOVER X3, ROCK LEFT FORWARD-RECOVER X 3**

1 &      Rock forward RF, recover LF  
2 &      Rock forward RF diagonal (1,30), recover LF  
3 & 4      Rock side RF, recover LF, RF Together RF  
5 &      Rock forward LF, recover RF  
6 &      Rock forward LF diagonal (10,30), recover RF  
7 & 8      Rock side LF, recover RF, RF together LF

**(Put the stretched arm with the palm forward, 3 times right, 3 times left.)**

## **[17 – 24] VINE RIGHT, CHAINE LEFT**

1 - 2      Step RF to the side, step LF behind RF  
3 - 4      Step RF to the side, step LF next to RF doing touch with toe LF  
5 - 6      Step LF to the side doing ¼ turn, step RF along the LF doing ¾ turn  
7 - 8      Step LF side, touch RF together LF

## **[25 – 32] MAMBO STEP SIDE RIGHT, MAMBO STEP SIDE LEFT, MAMBO STEP SIDE RIGHT ¼ TURN, MAMBO STEP SIDE LEFT**

1 & 2      Step RF side, recover LF, RF together LF  
3 & 4      Step LF side, recover RF, LF together RF  
5 & 6      Step RF side doing ¼ turn, recover LF, RF together LF  
7 & 8      Step LF side, recover RF, LF together RF

**(Moving the arm from below to take it flat, alternately right-left.)**

**Start dancing again**

## **TAG: 4 COUNTS AT THE END OF THE 4th WALL - STEP TURN 1/2 - MAMBO STEP TURN 1/4**

1 - 2      Step RF forward , return weight to LF by ½ turn  
3 - 4      Step RF to the side doing ¼ turn, return weight to LF

- Life is also life without mobile phone,
- It is not without music,
- It's not without a dance.

**Last Update – 8th Jan 2017**