

Twist & Twist

拍数: 96 墙数: 2 级数: Phrased Improver
编舞者: Danièle Chang (FR) - August 2017
音乐: Twisting the Night Away - Si Cranstoun



Intro: 16 counts - Phrased: A-A-B - A-A-B - C-C- A-A-B -C-C - End

PART A: 32 counts

AS1: Twist with flick, Twist

1 2 3 4 Swivel both heels, toes, heels, toes on the right and flick L
5 6 7 8 Swivel both toes, heels, toes, heels on the left

AS2: Hitch Point Hitch step x2

1 2 3 4 Hitch R in front of LF, point R to right side, Hitch F in front of LF, Step R next L
5 6 7 8 Hitch L in front of RF, point L to left side, Hitch L in front of RF, Step L next R

AS3: Slow Walks x2, Step ½ L, walks Forward R,L

1 2 3 4 Walk R forward, Hold, Walk L forward, Hold (claps hands on 2 and 4)
5 6 Step R forward, Turn ½ L (weight on L)
7 8 Walk forward R,L

AS4: Step, behind and knee pop, step, touch in diagonal (R and L)

1 2 3 4 Step R forward to R diagonal , step L behind R and knee pop R, Step R forward to R diagonal, Touch L next R
5 6 7 8 Step L forward to L diagonal, step R behind L and knee pop G, Step L forward to L diagonal, Touch R next L

PART B: 32 counts

BS1 : Weave L with Heel Grind, Cross, Back, Shuffle R

1 2 Cross R (on heel) over L, step L to L side
3 4 Cross R behind L, Step L to L side
5 6 Cross R over L, Step back L
7 & 8 Step R to side, Step L next to R, Step R to side

BS2 : Weave R with Heel Grind, Cross, Back, Shuffle L

1 2 Cross L (on heel) over R, step R to R side
3 4 Cross L behind R, Step R to R side
5 6 Cross L over R, Step back R
7 & 8 Step L to side, Step R next to L, Step L to side

BS3 : Walks forward in diagonal (x2) Rocking chair, Step, ½ Turn L

1 2 On L diagonal Walk forward R, L
3 4 5 6 Rock step forward R, Recover on L, Rock step behind R, Recover on L
7 8 Step R forward, Turn ½ L (weight on L)

BS4 : : Walks forward in diagonal (x2) Rocking chair, Step R, L

1 2 On L diagonal Walk forward R, L
3 4 5 6 Rock step forward R, Recover on L, Rock step behind R, Recover on L
7 8 Step R forward, Step L next R

PART C : 32 counts

CS1 : Twist with flick (x2)

1 2 3 4 Swivel both heels, toes, heels, toes on the right and flick L

5 6 7 8 Swivel both toes, heels, toes, heels on the left and flick R

CS2: Step touch forward (x4)

1 2 Jump slightly R forward on diagonal R, touch L next R

3 4 Jump slightly L forward on diagonal L, touch R next L

5 6 Jump slightly R forward on diagonal R, touch L next R

7 8 Jump slightly L on L touch R next L

CS3 : Step touch x 2, jazz box ½ turn R

1 2 3 4 Step R to R side, touch L next R, Step L to L side, touch R next L (shimmy)

5 6 7 8 Cross R over L, Turn ¼ R, Step L back, Turn 1/4 R, Step R forward , Step L next R

CS4 : Forward touch –together x2, kick x2, step, step

1 2 3 4 Touch R forward, Step R together, Touch L forward, Step L together

5 6 7 8 Kick R x2, Step R to R side , Step L to L side

END

1 2 3 4 Swivel both heels, toes, heels, toes on the right and flick L

5 6 7 8 Swivel both toes, heels, toes, heels on the left and flick R

1 2 3 4 Turn ¼ R step R to R side and touch L next R, step L to L side and touch R next L

5 6 7 8 Turn ¼ R step R to R side and touch L next R, step L to L side and touch R next L

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