

Lovely Twist

COPPER KNOB
BY STEPHENETS

拍数: 112 墙数: 1 级数: Phrased Intermediate
编舞者: Jennifer Jou (TW) & Wendy Lin (TW) - March 2018
音乐: Twist (장윤정 트위스트) - Jang Yoon Jung (장윤정)



Introduction : 8 counts

Sequence : Intro/A/B/B/C/C/Tag-1/C/Tag-2/Intro/A/B/B/C/Tag-1/C/C/Ending

[[[Intro Dance : 36 counts]]]

Sec i1 : (SIDE, RECOVER, TOGETHER, HOLD)X2

1 – 4 Rock RF to R side, recover onto LF, step RF beside LF, hold
5 – 8 Rock LF to L side, recover onto RF, step LF beside RF, hold

Sec i2 : FORWARD, RECOVER, TOGETHER, HOLD, BACK, RECOVER, TOGETHER, HOLD

1 – 4 Rock RF forward, recover onto LF, step RF beside LF, hold
5 – 8 Rock LF back, recover onto RF, step LF beside RF, hold

Sec i3 : FORWARD, PIVOT 1/2 L, FORWARD, HOLD, FORWARD, PIVOT 1/2 R, FORWARD, HOLD

1 – 4 Step RF forward, pivot 1/2 turn L, step RF forward, hold (6:00)
5 – 8 Step LF forward, pivot 1/2 turn R, step LF forward, hold (12:00)

Sec i4 : (SIDE, RECOVER, CROSS OVER, HOLD)X2

1 – 4 Rock RF to R side, recover onto LF, cross step RF over LF, hold
5 – 8 Rock LF to L side, recover onto RF, cross step LF over RF, hold

Sec i5 : (SIDE, TOUCH)X2

1 – 4 Step RF to R side, touch LF beside RF, step LF to L side, touch RF beside LF

[[[Part A : 48 counts]]]

Sec A1 : VINE R, HITCH, (SIDE POINT, HITCH)X2

1 – 4 Step RF to R side, cross step LF behind RF, step RF to R side, hitch L knee up
5 – 8 Point LF to L side, hitch L knee up, point LF to L side, hitch L knee up

Sec A2 : VINE L, HITCH, (SIDE POINT, HITCH)X2

1 – 4 Step LF to L side, cross step RF behind LF, step LF to L side, hitch R knee up
5 – 8 Point RF to R side, hitch R knee up, point RF to R side, hitch R knee up

Sec A3 : OUT, OUT, IN, IN, (SIDE, BEHIND TOUCH)X2

1 – 4 Step RF out to R side, step LF out to L side, step RF home, step LF beside RF
5 – 6 Step RF to R side, cross touch LF behind RF, step LF to L side, cross touch RF behind LF

Sec A4 : VINE L, HITCH, (SIDE POINT, HITCH)X2

1 – 4 Step RF to R side, cross step LF behind RF, step RF to R side, hitch L knee up
5 – 8 Point LF to L side, hitch L knee up, point LF to L side, hitch L knee up

Sec A5 : VINE R, HITCH, (SIDE POINT, HITCH)X2

1 – 4 Step LF to L side, cross step RF behind LF, step LF to L side, hitch R knee up
5 – 8 Point RF to R side, hitch R knee up, point RF to R side, hitch R knee up

Sec A6 : (TOUCH, 1/4 TURN L, HITCH)X4

1 – 4 Touch RF forward, make 1/4 turn L hitching R knee up, touch RF forward, make 1/4 turn L hitching R knee up (6:00)
5 – 8 Touch RF forward, make 1/4 turn L hitching R knee up, touch RF forward, make 1/4 turn L hitching R knee up (12:00)

[[[Part B : 32 counts]]]

Sec B1 : SIDE, HOLD, TOGETHER, HOLD, CHASSE R, HOLD

- 1 – 4 Step RF to R side, hold, step LF beside RF, hold
5 – 8 Step RF to R side, step LF beside RF, step RF to R side, hold

Sec B2 : SIDE, HOLD, TOGETHER, HOLD, CHASSE L, HOLD

- 1 – 4 Step LF to L side, hold, step RF beside LF, hold
5 – 8 Step LF to L side, step RF beside LF, step LF to L side, hold

Sec B3 : (TOE, HEEL, FORWARD, HOLD)X2

- 1 – 4 Touch RF beside LF, tap R heel forward to R diagonal, step RF forward, hold
5 – 8 Touch LF beside RF, tap L heel forward to L diagonal, step LF forward, hold

Sec B4 : (JAZZ BOX 1/4 R)X2

- 1 – 4 Cross step RF over LF, step LF back, make 1/4 turn R stepping RF to R side, step LF forward (3:00)
5 – 8 Repeat 1-4 counts (6:00)

[[[Part C : 32 counts]]]

Sec C1 : FULL TURN R,HOLD, HIP BUMPS L

- 1 – 4 Make 1/4 turn R stepping RF forward, make 1/2 turn R stepping LF back, make 1/4 turn R stepping RF to R side, hold (12:00)
5 – 8 Bump hips L

Sec C2 : FULL TURN L, HOLD, HIP BUMPS R

- 1 – 4 Make 1/4 turn L stepping LF forward, make 1/2 turn L stepping RF back, make 1/4 turn L stepping LF to L side (12:00)
5 – 8 Bump hips R

Sec C3 : 1/4 L SWIVEL TO R,HOLD,SWIVEL TO L,HOLD,

- 1 – 4 Make 1/4 turn L swiveling both heels right, swivel both toes right, swivel both heels right, hold and clap hands (9:00)
5 – 8 Swivel both heels left, swivel both toes left, swivel both heels left, hold and clap hands

Sec C4 : TWIST HEELS R, HOLD, TWIST HEELS L, HOLD, TWIST HEELS(R-L-R-L)

- 1 – 4 Twist both heels to R side, hold and clap hands, twist both heels to L side, hold and clap hands
5 – 8 Twist both heels to R side, twist both heels to L side, twist both heels to R side, twist both heels to L side

[[[Tag-1 : 4 counts]]]

- 1 – 4 Step RF to R side, touch LF beside RF, step LF to L side, touch RF beside LF

[[[Tag-2 : 4 counts]]]

- 1 – 4 Step RF forward, touch LF beside RF, make 1/4 turn L stepping LF to L side, touch RF beside LF

[[[Ending Pose : 8 counts]]]

- 1 – 4 Make 1/4 turn L stepping RF to R side and raising R arm up, hold, step LF to L side and pushing L arm to the front, hold
5 – 8 Rock to RLR, touch LF behind RF

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