

Easy Twist

拍数: 32 墙数: 4 级数: Beginner
编舞者: Séverine Fillion (FR) - February 2019
音乐: Anyone Can Play (Rock Version) - Glen Campbell



Intro : 16 counts - No Tag, No Restart

[1-8] SIDE SHUFFLE, BACK ROCK, SIDE TOE STRUT, CROSS TOE STRUT

1&2 Shuffle right – left – right to right side 12:00

3-4 Rock back on left, recover on right

5-6 Left ball to left side, drop left heel on the floor

Option style : Turn your chest to the left (at 9:00) + Snap both hands on sides

7-8 Right ball cross over left, drop right heel on the floor

Option style : Turn your chest to the left (at 9:00) + Snap both hands on sides

[9-16] SIDE SHUFFLE, BACK ROCK, SIDE TOE STRUT, CROSS TOE STRUT

1&2 Shuffle left – right – left to left side 12 :00

3-4 Rock back on right, recover on left

5-6 Right ball to right side, drop right heel on the floor

Option style : Turn your chest to the right (at 3:00) + Snap both hands on sides

7-8 Left ball cross over right, drop left heel on the floor

Option style : Turn your chest to the right (at 3:00) + Snap both hands on sides

[17-24] SIDE STEP, KICK, SIDE STEP KICK, & JUMP BACK OUT OUT, HOLD, ELVIS KNEE

1-2 Right step to right side, Left Kick diagonally right fwd 12:00

3-4 Left step to left side, right Kick diagonally left fwd

&5 Little jump back : Right to right (OUT), left to left (OUT)

6 Hold

7-8 Twist your right knee « IN », recover weight on right & Twit your left knee « IN »

[25-32] VINE 1/4 TURN LEFT, SCUFF, TOE HEEL TOE HEEL TWIST

1-4 Left to left, right cross behind left, 1/4 turn left stepping left fwd, Scuff right 9:00

5-8 Travelling to right on left foot : Touch right toe next to left, Touch right heel fwd, Touch right toe next to left, Touch right heel fwd

Start again and ENJOY!