

# Tail Feather Twist

拍数: 0                      墙数: 2                      级数: High Beginner  
编舞者: Rex Allott (UK) - February 2020  
音乐: Shake a Tail Feather - James & Bobby Purify



Intro - 24 beats.

## S.1. Cross Step (With Jump) R, L, Step 1/2 Turn R

- 1-2.                      Step R over L
- &3-4.                    Step R back, step L over R
- 5-6.                    Step R Forward, Recover on L
- 7-8.                    Stepping R Forward, Turn 1/2, Step L next to R

## S.2. Rpt S.1(excluding 1/2 turn R)

## S.3. Monkey Steps R x 2, Rock Back L, Return R, Step Together

- 1-2.                    Fan Both Toes Out, In, Heels Out (Moving R if desired)
- 3-4                    Rpt 1&2
- 5-6.                    Rock Back L Behind R, Return on R
- 7-8.                    Step L to L, Step R Next to L

## S.4. Monkey Steps L x 2, Rock Back R, Return L, Step Together

- 1-2.                    Fan Both Toes Out, In, Both Heels In, Out(moving L if desired)
- 3-4                    Rpt 1&2
- 5-6.                    Rock Back R Behind L, Return on L
- 7-8.                    Step R to R, Step L next to R

Restart after 1st S.4.

## S.5. Turn 1/8 R, Cross Shuffle Forward R, L, R Rock Forward, Return, Step Back

- 1&2.                    Turning 1/8 R, Step Forward on R, Step L Behind R, Step Forward on R
- 3&4.                    Crossing L Over R, Step Forward on L, Step R Behind L, Step Forward on L
- 5-6.                    Step Forward on R, Recover on L
- 7-8.                    Step Back on R, Turning 1/8 L, Step L Next to R

## S.6. Turn 1/8 L, Cross Shuffle Forward L,R,L, Rock Forward, Return, Step Back

- 1&2                    Turning 1/8 L, step fwd on L, step R behind L, step fwd on L
- 3&4                    Crossing R over L, step fwd on L, step L behind R, step fwd on L
- 5-6                    Step fwd on L, recover on R
- 7-8                    Step Back on L, turning 1/8 R, step R next to L

## S.7. Full Step Turn R

- 1-2.                    Step Forward on L, turning 1/2 R, Step Forward on R
- 3-4.                    Rpt 1-2

## S.8. Knee Twists L, R, Dip Shoulders Forward R, L.

- 1-2.                    With Feet Together Twist Knees L, Heels R, Return
- 3-4.                    Twist Knees R, Heels L, Return
- 5-6.                    Dip R Shoulder Forward, Return
- 7-8.                    Dip L Shoulder Forward, Return

(Option on 5-8, hook thumbs through belt loops, or place hands on thighs)

Tag.

S1. Heel, Toe Swivels L, R.

- 1-2. Swivel Heels L, Toes L
- 3-4. Rpt 1-2
- 5-6. Swivel Toes R, Heels R
- 7-8. Rpt 5-6

**S2. Heel, Toe Swivels R, L,**

- 1-4 Rpt S1. 5-8
- 5-8 Rpt S1. 1-4

**S3. Rocking Chair**

- 1-2. Rock Forward on L, Rock Back On R
- 3-4. Rock Back on L, Rock Forward on R

**Tag after 2nd & 3rd S6.**

**Finish by repeating S1. - S4. of main dance to finish facing 12 o'clock**

**Last Update: 27 Nov 2023**

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