

Twist & Shout

拍数: 32 墙数: 4 级数: Beginner
编舞者: Betty Lee (CAN) - March 2020
音乐: Twist and Shout - The Isley Brothers



Intro: 16 counts

****Restart: During Wall 6, after 24 counts, facing 3:00**

Section 1: Point, Touch, Twist R,L,R ; Twist L,R,L, Step, Pivot ½

1-2 Point R to R side pushing R hip to R, Touch R next to L with hip return to centre
3&4 Swivel both heels to R, L, R (weight ends on R)
5&6 Swivel both heels to L, R, L (Weight ends on L)
7-8 Step forward R, Pivot ½ Turn L (weight onto L) (6:00)

Section 2: (Side Shuffle, Back Rock) R&L

1&2 Step R to R side, Step L next to R, Step R to R side
3-4 Rock Step back on L, Recover onto R
5&6 Step L to L side, Step R next to L, Step L to L side
7-8 Rock Step Back on R, Recover onto L

Section 3: (Toe Struts, Shuffle Back) R&L

1-2 Touch R toe slightly forward to R diagonal, drop down heel
3-4 Touch L toe slightly forward to L diagonal, drop down heel

**** During Wall 6, Counts 1-4, when Isley Brothers shouting, Place hands on either side of the mouth in a shouting gesture ☐**

5&6 Step Back R to R diagonal, Step L next to R, Step back R (7:30)
7&8 Step Back L to L diagonal, Step R next to L, Step back L (4:30)

Section 4: Jazz Box 3/8 R, Side Rock. Cross, Side

1-4 Cross Step R over L, 1/8 Turn R Stepping Back on L (12:00), ¼ Turn R Stepping R to R,
Cross Step L over R (9:00)
5-8 Rock Step R to R side, Recover to L, Cross Step R over L, Step L to L side

Repeat