

At the Twist and Shout

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Improver
编舞者: Roger Neff (USA) - April 2021
音乐: Down At the Twist and Shout - Mary Chapin Carpenter



Intro: 16 counts - No tags or restarts

[1-8] R AND L LOCK STEPS FORWARD, MAMBO STEP, HITCH, COASTER STEP

1&2 Step fwd on RF, Lock LF, Step fwd on RF
3&4 Step fwd on LF, Lock RF, Step fwd on LF
5&6& Rock fwd on RF, Recover on LF, Step back on RF, L Hitch
7&8 Step back on LF, Close RF, Step fwd on LF

[9-16] POINT R TOE OUT-IN-OUT, CROSS SHUFFLE, TRIPLE STEP ¼ L, TRIPLE STEP ¼ L (6:00)

1&2 Point R toe out-in-out
3&4 Step RF over LF, Step to L, Step RF over LF
5&6 Triple step L,R,L turning ¼ to L (9:00)
7&8 Triple step R,L,R turning ¼ to L (6:00)

[17-24] STEP L BEHIND R, STEP RF BESIDE LF, HEEL, STEP, CROSS SHUFFLE, STEP BACK ON LF, TOUCH R TOE BESIDE L, BACK ON RF, TOUCH L TOE BESIDE RF, L COASTER STEP

1&2& Step back on LF behind RF, Step on RF beside LF, Touch L heel forward, Step back on LF
3&4 Step RF over LF, Step to L, Step RF over LF
5&6& Step back on LF, Touch R toe beside LF, Step back on RF, Touch L toe beside RF
7&8 Step Back on LF, Close RF, Step fwd on LF

[25-32] R SIDE ROCK CROSS WITH TOE-HEEL, L SIDE ROCK CROSS WITH TOE-HEEL, POINT R AND L TOES TO SIDE AND BACK, TOUCH R AND L HEELS FORWARD AND BACK

1&2& Rock to R, Recover on LF, Cross RF over LF on ball of foot, Drop heel
3&4& Rock to L, Recover on RF, Cross LF over RF on ball of foot, Drop heel
5&6& Point R toe to side, Step home, Point L toe to side, Step home
7&8& Touch R heel forward, Step home, Touch L heel forward, Step home

Contact Roger at: lingofun@sbcglobal.net