

# 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

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