

Jive Twist

拍数: 32 墙数: 1 级数: Beginner / Improver
编舞者: Zaldy Lanas (IT) - May 2022
音乐: Twistin' the Night Away - Sam Cooke



Introduction: 8 counts. Start on vocal @ 8 seconds.

NO TAGS ! NO RESTARTS !

*Step sheet by: Ira Weisburd

PART I. (ROCK BACK, RECOVER, TOUCH, STEP, TOUCH, STEP, ROCK BACK, RECOVER; TOUCH, STEP, FORWARD, PIVOT 1/2 L TURN, TOUCH, STEP, FORWARD, PIVOT 1/2 R TURN)

1&2& Rock back onto L, Recover forward onto R, Touch L toe beside R, Step L in place
3&4& Touch R toe beside L, Step R in place, Step L back, Recover forward onto R
5&6& Touch L toe forward, Step L in place, Step R forward, Pivot 1/2 L Turn onto L (6:00)
7&8& Touch R toe forward, Step R in place, Step L forward, Pivot 1/2 R turn onto R (12:00)

PART II. (TOUCH, STEP, ROCK BACK, RECOVER, TOUCH, STEP, ROCK BACK, RECOVER; TWIST HEELS L, R, L, LIFT R, TWIST HEELS R, L, R LIFT L)

1&2& Touch L toe to L, Step L in place, Rock back onto R, Recover forward onto L
3&4& Touch R toe to R, Step R in place, Rock back onto L, Recover forward onto R
5&6& Step L slightly forward, feet apart & Twist both heels to the L, then R, then L & Flick R back.
7&8& Step R slightly back, feet apart & Twist both heels to the R, then L, then R & Flick L back

PART III. (TOUCH, STEP, TOUCH, STEP, TOUCH, STEP, TOUCH, STEP; TWIST HEELS L, R, L, R, L, R, L, R)

1&2& Touch L toe forward, Step L beside R, Touch R toe forward, Step R beside L
3&4& Touch L toe forward, Step L beside R, Touch R toe forward, Step R beside L
5&6& Twist both heels L, R, L, R
7&8& Twist both heels L, R, L, R

PART IV. (1/4 L TURN, 1/4 L TURN, 1/4 L TURN, 1/4 L TURN; TWIST HEELS L, R, L, LIFT R, TWIST HEELS R, L, R, LIFT L)

1&2& Touch L toe to L making 1/4 L (9:00), Step L in place, Touch R toe forward making 1/4 L (6:00),
3&4& Touch L toe forward making 1/4 L (3:00), Step L in place, Touch R toe forward making 1/4 L (12:00)
5&6& Step L slightly forward, feet apart & Twist both heels to the L, then R, then L & Flick R back.
7&8& Step R slightly back, feet apart & Twist both heels to the R, then L, then R & Flick L back

REPEAT DANCE.

NOTE: You can replace the single counts ie. Touch, Steps with Triple Steps after the first few times.

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