

Longest Twist

拍数: 48 墙数: 4 级数: High Beginner
编舞者: Titi Kasese (INA) - May 2024
音乐: Longest Twist (Short Version)



* Restart on wall 3 & 5, after 24 count) (face to 03:00)

S1. KICK FORWARD, KICK SIDE, COASTER STEP R/L

1-2-3-4. Kick R forward, Kick L side, R back, L back close to R, R forward
5-6-7-8. Kick L forward, Kick L side, L back, R back close to L, L forward

S2. LINDY STEP, 1/4 LINDY STEP

1&2-3-4. R to side, L close to R, R to side, L back , recover on R
5&6-7-8. R to side, L close to R, R to side, 1/4 turn to right L back , recover on R

S3. TOE TOUCH FORWARD R/L, BOOGIE STEP FORWARD

1-2-3-4. R toe touch forward, R back, L toe touch, L back
5-6-7-8. R forward slightly diagonal, L forward slightly diagonal, R forward slightly diagonal, L forward slightly diagonal

S4. ROCKING CHAIR, PADDLE 1/4 TWICE

1-2-3-4. R forward, L in place, R back, L in place
5-6-7-8. R forward turn 1/4 to left, L weight on L, R forward turn 1/4 to left, weight on L, (face to 09:00)

S5. RIGHT JAZZBOX TURN TWICE

1-2-3-4. R cross over L, 1/4 turn to right L back, R to side, L forward (face to 12:00)
5-6-7-8. R cross over L, 1/4 turn to right, L back , R to side, L forward (face to 03:00)

S6. OUT-OUT, IN - IN, TWIST R/L

1&2-3&4. R forward side, L forward side, Recover on R, R back, L back close to R, R in place
5-6-7-8. TWIST (R/L/R/L)

LET'S DANCE AND BE HAPPY □□□□□□□□

Last Update: 9 May 2024