

Twist & Shout

COPPER KNOB
BY STEPHEN

拍数: 42 墙数: 2 级数:
编舞者: Kirsteen Warren (USA)
音乐: Down At the Twist and Shout - Mary Chapin Carpenter



-
- 1-4 Fan right toes to right, right heel to right, right toes to right heel to right
5-8 Bring left foot to right in left toe fan position, then fan left heel left, fan left toes left, fan left heel to left
- 1-2 Bringing right heel slightly apart from left foot, keep weight on right heel, and put weight on left toe, swivel left heel and right toe to right and back to center
3-4 Change weight to right toe & left heel, and swivel left toes left and right toes right, back to center
5-8 Repeat 1-4
- 1-4 Right foot step right, cross left behind, right foot step right at same time making a $\frac{1}{4}$ turn right, hitch left leg
5-8 Rock forward with left, rock back in place on right, rock forward with left, at same time making a $\frac{1}{2}$ turn left, hitching right leg
- 1-4 Rock forward on right, rock back on left in place, rock forward on right making $\frac{1}{4}$ turn right, hitching left leg
5-8 Step down on left foot and make $\frac{1}{2}$ turn right, hitch right leg, step down on right foot, hitch left leg
- 1-4 Left foot step left, cross right behind, left foot step left hitch right
5-8 Right foot step right, cross left behind, right foot step right, hitch left
- 1-2 Left foot step left, and hitch right leg

REPEAT
