

# Twist And Shout

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Jan Barrus (USA)  
音乐: Twist and Shout - The Isley Brothers



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## TOUCH, TWIST, TWIST, TWIST, VINE RIGHT, TOUCH

- 1-2      Touch right foot to right side, twist hips and knees left
- 3-4      Twist hips and knees right, twist hips and knees left
- 5-6      Step right foot to right side, step left foot crossed behind right
- 7-8      Step right foot to right side, touch left foot beside right

## TOUCH, TWIST, TWIST, TWIST, VINE LEFT, TOUCH

- 1-2      Touch left foot to left side, twist hips and knees right
- 3-4      Twist hips and knees left, twist hips and knees right
- 5-6      Step left foot to left side, step right foot crossed behind left
- 7-8      Step left foot to left side, touch right foot beside left

## HIP BUMPS, FORWARD, BACK, BACK, FORWARD

- 1&2      Place right foot forward to right front diagonal, bump hips right, left, right, shifting weight forward to right foot
- 3&4      Bumps hips left, right, left shifting weight back to left foot
- 5&6      Place right foot back to right back diagonal, bump hips right, left, right, shifting weight back to right foot
- 7&8      Bump hips left, right, left shifting weight forward to left foot

## WALK, WALK, STEP, ¼ TURN LEFT, WEAVE

- 1-2      Walk forward on right foot, walk forward on left foot
- 3-4      Step forward on right foot, turn ¼ turn left ending with weight on left foot
- 5-6      Step right foot crossed in front of left, step left foot to left side
- 7-8      Step right foot crossed behind left, step left foot to left side

**REPEAT**

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