

Twist & Slide

拍数: 50 墙数: 2 级数: Improver
编舞者: Bill Strong
音乐: Cowboy Cadillac - Garth Brooks



HEEL TWISTS

1-4 With weight on balls of both feet swivel heels (right, left, right, center)
Take weight on left

TOE HEEL STRUT BACKWARDS

5-6 Step back on right toe, slap right heel down
7-8 Step back on left toe, slap left heel down
9-10 Repeat 5-6
11-12 Repeat 7-8

HEEL TAPS, TOE TAPS

13-16 Tap right heel forward twice, tap right toe back twice
17-18 Tap right heel forward tap right toe back

CHARLESTON KICKS

19-20 Step forward on right, kick left forward
21-22 Step back on left, touch right toe back
23-26 Repeat 19-22

VINE RIGHT, VINE LEFT, STEP TURN ¼ LEFT

27-28 Step right to right, step left behind right
29-30 Step right to right, touch left beside right
31-32 Step left to left, step right behind left
33-34 Step left to left turning ¼ turn left, brush right beside left

JAZZ SQUARE

35-36 Step right foot across left, step back on left
37-38 Step right on right, step left beside right

Take weight on left

STEP SLIDE, STEP TOUCH

39-40 Step right forward 45 degrees, slide left up and behind right
41-42 Step right forward 45 degrees, touch left beside right
43-44 Step left forward 45 degrees, slide right up and behind left
45-46 Step left forward 45 degrees, touch right beside left

STEP TURN ¼ TURN LEFT, STOMP, STOMP

47-48 Step forward on right, pivot ¼ turn left
49-50 Stomp right, stomp left

REPEAT