

Twist-Em

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jo Thompson Szymanski (USA)
音乐: The Twist - Ronnie McDowell



DO THE TWIST! 8 COUNTS

1-8 With feet together weight on balls of feet, twist heels L-R-L-R-L-R-L-R
Have fun with this! Loosen up and do any twist variation that you like!

STEP, KICK ACROSS 4 TIMES

1-2 Step right to right side, kick left across right
3-4 Step left to left side, kick right across left
5-8 Repeat above 4 counts.

SUPREMES STEP RIGHT & LEFT

1-3 Step right to right side turning body slightly right, step left together, step right to right side
4 Jump feet together, clap hands facing front.
5-8 Repeat above 4 counts starting with left foot.

For styling on the Supremes Step, bend elbows at side and push/swing fists in direction of travel.

TURN RIGHT, TURN LEFT, CHUG TWICE, CLAP TWICE

1-2 Turning right to face wall $\frac{1}{4}$ from original while stepping right forward, hold
3-4 Turning left $\frac{1}{2}$ while stepping left forward, hold
5-6 Placing feet together, chug (scoot) forward on both feet twice.

Option: Instead of the chugs you may stomp forward right, then stomp left together

7-8 Clap hands twice.

REPEAT
