

The Twist

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Beginner
编舞者: Richard Munden (UK)
音乐: The Twist - Chubby Checker



HEEL TWISTS TWICE, GRAPEVINE

1-2 Twist both heels right and center
3-4 Twist both heels right and center
5-6 Right to right, left cross behind
7-8 Right to right, left touch together

HEEL TWISTS TWICE, GRAPEVINE ¼ TURN

9-10 Twist both heels left and center
11-12 Twist both heels left and center
13-14 Left to left, right cross behind
15-16 Left to left, ¼ turn to left step left in place

17-30 Repeat 1-14

GRAPEVINE ¼ TURN SCUFF

31-32 Left to left, ¼ turn to left with a scuff

WALK FORWARD RIGHT LEFT RIGHT, TOE STRUTS BACK TWICE

33-34 Step forward right, step forward left
36-35 Step forward right, kick forward left
37-38 Step left toe back, drop ball of foot down
39-40 Step right toe back, drop ball of foot down

SLOW COASTER, SLOW ROCK RECOVER

41-42 Step back left, step back right
43-44 Step forward left, hold
45-46 Rock right to right, recover to left
47-48 Step right together, hold

REPEAT
