

Twisted

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Masters In Line (UK)
音乐: Twisted - Santana



SIDE STEP, ROCK RECOVER, SAILOR ¼ TURN, SIDE ROCKS, CROSS SHUFFLE

- 1-2-3 Step left to left side, rock forward right, recover back on left
4&5 Step right behind left, begin making ¼ turn right closing left next to right, step forward on right finishing turn
6-7 Rock left to left side, rock right to right side
8&1 Cross left over right, step right to right side, cross left over right

SIDE ROCK, RECOVER, CROSS BACK TOGETHER, WALK LEFT, RIGHT, LEFT SHUFFLE FORWARD

- 2-3 Rock right to right side, recover to left
4&5 Cross right over left, step back left, step right next to left
6-7 Step left forward, step right forward
8&1 Step forward left, step right next to left step forward left

ROCK, RECOVER, ½ TURN, STEP FORWARD SPIRAL TURN, ROCK RECOVER, COASTER CROSS

- 2-3 Rock forward right, recover back to left
4&5 Make ½ turn right on ball of left stepping forward on right, step forward left, make full spiral turn to right on ball of left
6-7 Rock forward right, recover back to left
8&1 Step back right, step left next to right, cross right over left

SIDE ROCK, RECOVER, CROSS, SIDE, TOGETHER TWICE (DIAGONALLY FORWARD) ½ TURN LEFT

- 2-3 Rock left to left side, recover weight onto right
4&5 Cross left diagonally over right, step right to right side, step left next to right
6&7 Cross right diagonally over left, step left to left side, step right next to left
8&1 Cross left diagonally over right, step forward right, make ½ turn left stepping left to left side

Count 1 is the first step of the dance

REPEAT
