

Twistin' The Truth

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 2
编舞者: Pollie Evans (USA)
音乐: Me Too - Neal McCoy

级数: Beginner



RIGHT HEEL TWISTS, HEEL HOOK

- 1-2 Twist heels to the right, return to center
- 3-4 Twist heels to the right, return to center
- 5-6 Touch right heel forward, hook right in front of left
- 7-8 Touch right heel forward, step right next to left

LEFT HEEL TWISTS, HEEL HOOK

- 9-10 Twist heel to the left, return to center
- 11-12 Twist heels to the left, return to center
- 13-14 Touch left heel forward, hook left in front of right
- 15-16 Touch left heel forward, touch left next to right (no weight on left)

CHARLESTON STEPS

- 17-18 Step left foot forward, kick right foot forward & clap
- 19-20 Step right foot back, touch left toe back beside right
- 21-24 Repeat steps 17-20, (put weight on both feet on count 24)

SLAPS, CLAPS, HITCH HIKE-HAND JIVE

- 25-26 Slap hands on thighs (bend knees slightly) twice
- 27-28 Clap hands at chest level, twice
- 29-32 Jerk right thumb over right shoulder twice, jerk left thumb over left shoulder twice (these are hitch-hiking moves)

HOKEY POKEY STEPS, STOMPS

- 33-34 Step right toe forward, pivot slightly left as you push out right hip, then push out left hip (you're beginning a ½ turn to left)
- 35-38 Repeat 33-34 two more times, pivoting slightly on each right push to turn yourself ½ turn by the end of step 38

In steps 33-38 hold up your hands at head level, index finger extended-"ala hokey pokey"

- 39-40 Stomp right, stomp left (use these stomps to center yourself on back wall)

REPEAT

For variation: Dance in 2 lines facing each other about one long step apart, clap hands with person opposite you on counts 27-28, every other time, as the lines face each other. May also be danced in a circle, just for fun.