

Twisting Time

拍数: 80 墙数: 4 级数: Intermediate
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音乐: Let's Twist Again - Chubby Checker



HEEL AND TOE TAPS

- 1-4 Touch right toe, then right heel on the spot, replace right next to left and hold
5-8 Touch left toe, then left heel on the spot, replace left next to right and hold

TWIST

- 1-4 Moving right twist right, heels, toes, heels and touch left heel forward diagonally and clap
5-8 Moving left twist left, heels, toes, heels and touch right heel forward diagonally and clap

HEEL AND TOE ON THE SPOT

- 1-4 Step right forward tap left toe behind, step left down, touch right heel forward
5-8 Step right down tap left toe behind, step left down, touch right heel forward

BACK STEPS AND CLAPS

- 1-4 Step right backward tap left heel and clap, step left backward tap right heel and clap
5-8 Step right backward tap left heel and clap, step left backward tap right heel and clap

COASTER STEP, SHUFFLE, SAILOR STEPS

- 1&2 Step right back, step left back, step right forward
3&4 Turning $\frac{1}{4}$ right step left to side, slide right to left, step left to left side
5&6-7&8 Step right behind left, left to left side, step right to right side, step left behind right, right to right side, step left to left side

FORWARD LOCKS AND FULL PIVOT

- 1&2-3&4 Step right forward, lock left behind right, step right forward, step left forward, lock right behind left, step left forward
5-8 Step right forward turn $\frac{1}{2}$ left, step right forward turn $\frac{1}{2}$ left

MONTEREY AND TWISTING

- 1-4 Touch right to right side, turn $\frac{1}{2}$ right on ball of left foot, replace right, touch left to left side and replace
5-8 Twist on the spot, heels to the right and back to center, twice

BACK BRUSH UP AND TWISTING

- 1-4 Touch right heel forward, flick right behind left knee, touch right heel forward, step right next to left
5-8 Twist on the spot, heels to the right and back to center, twice

BACK BRUSH UP AND LEFT WEAVE WITH $\frac{1}{2}$ TURN

- 1-4 Touch left heel forward, flick left behind right knee, touch left heel forward, step left next to right
5-8 Step right across left, step left to side, step right behind, step left to side turning $\frac{1}{2}$ left

SHUFFLE AND ROCK

- 1&2-3-4 Step right to right side, slide left to right, step right to side, step left behind right replace weight on right
5&6-7-8 Step left to left side, slide right to left, step left to side, step right behind left replace weight on left

REPEAT
