

The Wilbury Twist

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 1 级数: Beginner
编舞者: Jan Wyllie (AUS)
音乐: Wilbury Twist - The Traveling Wilburys



HEELS RIGHT, HOLD, TOES RIGHT, HOLD, HEEL RIGHT TOES RIGHT HEELS RIGHT, HOLD

1-2 Twist heels to right, hold
3-4 Twist toes to right, hold
5-6-7-8 Turn heels to right, turn toes to right, turn heel to right, hold

HEELS LEFT, HOLD, TOES LEFT, HOLD, HEELS LEFT, TOES LEFT, HEELS LEFT, HOLD

9-10 Twist heels to left, hold
11-12 Twist toes to left, hold
13-14-15-16 Turn heels to left, turn toes to left, turn heels to center, hold

HEEL HOOK HEEL TOGETHER, HEEL HOOK HEEL TOGETHER

17-18-19-20 Tap right heel forward, hook right across left, touch right heel forward, step right beside left
21-22-23-24 Tap left heel forward, hook left across right, touch left heel forward, step left beside right

HEEL HOOK HEEL TOGETHER, HEEL HOOK HEEL TOGETHER

25-26-27-28 Tap right heel forward, hook right across left, touch right heel forward, step right beside left
29-30-31-32 Tap left heel forward, hook left across right, touch left heel forward, step left beside right

ROCK FORWARD BACK, TOE STRUT BACK RIGHT, LEFT, RIGHT

33-34 Rock/step forward on right, rock back on left
35-36 Toe strut back on right
37-38-39-40 Toe strut back left, right

ROCK BACK FORWARD, HEEL STRUT FORWARD LEFT, RIGHT, STOMP STOMP

41-42 Rock back on left, rock forward on right
43-44-45-46 Heel strut forward left, right
47-48 Stomp forward on left, stomp right beside left

REPEAT
