

# 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**

---