

Freddy's Twist

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Mary Lou Bartley (CAN)
音乐: We Really Shouldn't Be Doing This - George Strait



TWIST HEELS, TOES, HEELS, HOOK LEFT, TWIST HEELS, TOES, HEELS, HOOK RIGHT

1-4 Twist heels right, toes right, heels right, hook left heel in front
5-8 Twist heels left, toes left, heels left, hook right heel in front

TWIST HEELS, TOES, HEELS, HOOK LEFT, STEP BACK, HOOK STEP BACK, HOOK

9-12 Twist heels right, toes right, heels right, hook left heel in front
13-16 Step back left, hook right heel in front, step back right, hook left heel in front

STEP LOCK, STEP TOUCH, JAZZ BOX WITH ¼ TURN LEFT

17-20 Step forward left, slide right foot behind left, step forward left, touch right beside left
21-24 Cross right over left, step back left turning ¼ turn right, step right to right, step left beside right

HEEL JACK LEFT AND RIGHT, DOUBLE HIP BUMPS FRONT AND BACK

&25 Step back right, place left heel forward
&26 Step left together, right together
&27 Step back left, place right heel forward
&28 Step right together, left together
29-32 Bump hips forward twice, bump hips back twice

PIVOT 1/8 TURN (4 TIMES FOR A ½ TURN)

33-36 Step right forward, pivot 1/8 turn to the left, repeat
37-40 Step right forward, pivot 1/8 turn to the left, repeat

VINE RIGHT, VINE LEFT WITH A ½ TURN

41-44 Step right with right, cross left behind right, step right with right, touch left beside right
45-48 Step left turning ¼ turn left, step right behind left, step left turning ¼ turn left, touch right beside left

STEP BACK, BACK, HITCH, CROSS, HITCH, CROSS, BACK BACK

49-52 Step back right, step back left, hitch right knee, cross right over left, hitch
53-56 Left knee, cross left over right, step back right, step left beside right

STEP, HITCH, CROSS HITCH, CROSS STEP, STOMP STOMP

57-60 Step right forward, hitch left knee, cross left over right, hitch right knee
61-64 Cross right over left, step back left, stomp right, stomp right

REPEAT
