

Down At The Twist And Shout

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Improver
编舞者: DJ Dan (NL) & Wynette Miller (NL)
音乐: Down At the Twist and Shout - Mary Chapin Carpenter



KICK, TOGETHER, KICK, TOGETHER, SWIVEL TO LEFT

1-2 Kick right forward, step right next to left
3-4 Kick left forward, step left next to right
5-6 Swivel heels to left, swivel toes to left
7-8 Swivel heels to left, swivel toes to center

KICK, TOGETHER, KICK, TOGETHER, SWIVEL TO RIGHT

9-10 Kick left forward, step left next to right
11-12 Kick right forward, step right next to left
13-14 Swivel heels to right, swivel toes to right
15-16 Swivel heels to right, swivel toes to center

HEEL SPLIT, TOE SPLIT, RIGHT ROCK STEP, STOMP, HOLD

17-18 Swivel heels out, swivel heels in
19-20 Swivel toes out and lift toes up, swivel toes in and drop
21-22 Rock right forward, recover weight on left
23-24 Stomp right next to left, hold

HEEL SPLIT, TOE SPLIT, LEFT ROCK STEP, STOMP, HOLD

25-26 Swivel heels out, swivel heels in
27-28 Swivel toes out and lift toes up, swivel toes in and drop
29-30 Rock left forward, recover weight on right
31-32 Stomp left next to right, hold

ROCKING CHAIR, STEP, HITCH ¼ TURN LEFT, STEP, HITCH ¼ TURN LEFT

33-34 Rock right forward, recover weight on left
35-36 Rock right back, recover weight on left
37-38 Step right forward, make on ball of right ¼ turn left and hitch left
39-40 Step left forward, make on ball of left ¼ turn left and hitch right

VINE RIGHT, SCUFF, VINE LEFT, SCUFF

41-42 Step right to side, cross left behind right
43-44 Step right to side, scuff left forward
45-46 Step left to side, cross right behind left
47-48 Step left to side, scuff right forward

CROSS ROCK, SIDE, HOLD, TWICE

49-50 Rock right across left, recover weight on left
51-52 Step right to side, hold
53-54 Rock left across right, recover weight on right
55-56 Step left to side, hold

ROCKS, HOLD, TWICE

57-58 Rock right forward, rock left back
59-60 Rock right forward, hold
61-62 Rock left forward, rock right back

63-64

Rock left forward, hold

REPEAT
