

# Twist

拍数: 32      墙数: 2      级数: Improver  
编舞者: Clare Bull (UK) - October 2011  
音乐: Twist - Miss 600 : (3:01)



## INTRO: STARTS ON LYRICS

### TOUCH FWD, STEP BACK, COASTER STEP, SHUFFLE FWD, STEP 1/4 CROSS

1-2      Touch Right toe fwd, step back on right  
3&4      Step back on left, step right next to left, step fwd on left  
5&6      Step fwd on right, step together with left, step fwd on right  
7&8      Step fwd on left, pivot 1/4 right taking weight on right, cross left over right

### TOUCH OUT-IN, SIDE DRAG, BEHIND 1/4 TURN, MAMBO STEP, LOCK STEP BACK

1&      Touch right toe to right side, touch right toe next to left  
2&      Make a long step to right, drag left toe next to right  
3&4      Cross left behind right, step fwd on right making a 1/4 turn right, step fwd on left  
5&6      Rock fwd on right, recover weight on left, step back on right  
7&8      Step back on left, lock right over left, step back on left

**\*RESTART HERE DURING WALL 5**

### TOE HEEL CROSS X2, COASTER STEP, PADDLE 1/4 TURN X2

1&2      Touch right toe together, touch right heel to side, cross right over left  
3&4      Touch left toe to together, touch left heel to side, cross left over right  
5&6      Step back on right, step left next to right, step fwd on right  
7&8&      Hitch left foot up while turning 1/4 right on right, point left to side x2

### CROSS SAMBA X2, MAMBO 1/2 TURN, STEP 1/2 TURN X2

1&2      Cross step Left Forward over Right, Rock Right to Right side, Recover weight on Left  
3&4      Cross step Right Forward over Left, Rock Left to Left side, Recover weight on Right  
5&6      Rock fwd on left, recover weight on right, make 1/2 turn left taking weight on left  
7&8&      Step forward on right, pivot 1/2 turn left, step forward on right, pivot 1/2 turn left

Repeat

**\*RESTART: DURING WALL 5 AFTER 16 COUNTS**

### ENDING AT THE END OF WALL 8:

#### CROSS SAMBA X2, MAMBO 1/2 TURN, STEP 1/2 STEP, HOLD

1&2      Cross step right Forward over left, Rock left to left side, Recover weight on right  
3&4      Cross step left Forward over right, Rock right to right side, Recover weight on left  
5&6      Rock fwd on right, recover weight on left, make 1/2 turn right taking weight on right  
7&8&      Step forward on left, pivot 1/2 turn right, step forward on left, hold