You Got Me "Twisted"

级数: Easy Intermediate

编舞者: Pim van Grootel (NL) & Bella Scholtzé - June 2012

音乐: Twisted (feat. Pharrell Williams) - Usher : (Album: Usher - Looking 4 Myself)

拍数: 32

Behind, Side, Close, Twist, Side, Behind, Side, Cross, ½ Turn R

- 1 RF Cross behind LF
- 2 LF Step to left side
- 3 RF Step next LF
- & Twist both heels to the left
- 4 Twist both heels back to center
- 5 RF Step to right side
- 6 LF Cross behind RF
- & RF Step to right side
- 7 LF Cross over RF
- & 8 ¹/₂ Turn right, (Option: pop shoulders up and down.)

Syncopated Swivels Backwards, Coaster Step

- & Swivel both heels out
- 1 RF Step backwards, swivel both heels in
- & Swivel both heels out
- 2 LF Step backwards, swivel both heels in
- & Swivel both heels out
- 3 RF Step backwards, swivel both heels in
- & Swivel both heels out
- 4 Swivel both heels in
- & Swivel both heels out
- 5 LF Step backwards, swivel both heels in
- & Swivel both heels out
- 6 RF Step backwards, swivel both heels in
- & Swivel both heels out
- 7 LF Step backwards
- & RF Step next to LF
- 8 LF Step forward

Stomp Fwd, Swivel R Heel Out, In, Hitch R, StompFwd, Lock Behind, Out, Out, Twist

- 1 RF Stomp forward
- & RF Swivel heel to the right side
- 2 RF Swivel heel back to center
- & RF Swivel heel to left side
- 3 RF Swivel heel back to center
- & RF Hitch
- 4 RF Stomp forward
- 5 RF Step forward
- 6 LF Lock behind RF
- & RF Step to right side
- 7 LF Step to left side
- & RF twist heel to right, LF twist toe to left
- 8 Twist back to center





墙数:4

Cross Rock, Recover, Step Side, Hold, Close, Side Step, Jazz Box 1/4 Turn L, Ball Change

- 1 RF Cross over LF
- & LF Recover weight
- 2 RF Step to right side
- 3 Hold
- & LF Step next RF
- 4 RF Step to right side
- 5 LF Cross over RF
- 6 RF ¼ Turn left stepping backwards
- 7 LF Step to left side
- & RF Recover weight
- 8 LF Step to left side

Tag: After wall 9, you will do the following 4 steps:

- 1 Hips to the left
- 2 Hips to the right
- 3 Hips to the left
- 4 Hips to the right