拍数： 96
壇数： 4
级数：Phrased High Intermediate
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音乐：Twisted－Usher

A－ 64 counts
A1：Brush Out－Out，Heel Swivel，\＆Touch，Jazz Box \＆Cross，\＆Point
1－\＆－2 Brush R heel fwd，Step R out to R，Step L out to L
\＆3\＆4 Swivel R heel in，Swivel R heel back to center，Step L to R，Point R toe out to R
5－6\＆7 Cross R over L，Step back on L，Step R out to R，Cross L over R
\＆－8 Step $R$ out to $R$ ，Point $L$ toe back behind $R$
A2：3／4 Unwind，Step－Lock－Step－Lock－Step，Rock Recover，Back－Out－Out－Touch
1－2 Unwind $3 / 4$ Turn $L$ stepping slightly fwd on $L /$ sweeping $R$ in front，Step fwd on $R$
\＆3\＆4 Lock L behind R，Step fwd on R，Lock L behind R，Step fwd on R
5－6 Rock fwd on L，Recover back on R
\＆7\＆8 Step back on L，Step R out to R，Step L out to L，Point R toe behind L
A3：Twist Heels Out，In，Out，In，Hold，Twist Heels Out－In，Bump Hips R－L－R，L－R－L
1\＆2\＆Step R to R twisting heels R，Back to center，Twist both heels R，Back to center
3－\＆－4 Hold on 3，Twist both heels out to R，Twist back to center
5－\＆－6 Small step out on $R$ as you bump hips $R, L, R$（take weight to $R$ on 6）
7－\＆－8 Small step out on $L$ as you bump hips，$L, R, L$（take weight to $L$ on 8）
A4：Weave R Side－Behind－\＆－Cross \＆Point，Weave L Side－Behind－\＆－Cross \＆Point
12－\＆3 Step R out to R，Step L behind R，Step R out to R，Cross L over R
\＆－4 Step $R$ out to $R$ ，Point $L$ toe back behind $R$
56－\＆7 Step L out to L，Step R behind L，Step L out to L，Cross R over L
\＆－8 Step $L$ out to $L$ ，Point $R$ toe back behind $L$
A5： $1 / 2$ Turn Sweep，L Shuffle Step，Step Sweep，L Shuffle Step
1－2 $\quad 1 / 2$ Turn $R$ stepping fwd on $R$ sweeping $L$ out，Continue sweeping $L$ in front of $R$
3－\＆－4 Step fwd on L，Step R beside of L，Step L fwd
5－6 Step fwd on $R$ as you sweep $L$ out to $L$ ，Continue sweep till $L$ is in front of $R$
7－\＆－8 Step fwd on L，Step R beside of L，Step L fwd
A6：R Fwd Mambo Step，L Fwd Mambo Step，Walk Back－Back，Step $1 / 2$ Turn
1－\＆－2 Rock fwd on R，Recover back on L，Step R beside of $L$
3－\＆－4 Rock fwd on L，Recover back on R，Step L beside of $R$
5－6 Walk back R，L
7－\＆－8 Step back on $R, 1 / 4$ Turn $L$ stepping $L$ out to $L, 1 / 4$ Turn $L$ stepping $R f w d$
A7：Step Sweep－R Shuffle Step，Step Sweep－R Shuffle Step
1－2 Small step fwd on $L$ as you sweep $R$ out，Continue sweep till $R$ is in front of $L$
3－\＆－4 Step fwd on R，Step L beside of R，Step R fwd
5－6 Step fwd on $L$ as you sweep $R$ out to $R$ ，Continue sweep till $R$ is in front of $L$
7－\＆－8 Step fwd on R，Step L beside of R，Step R fwd
A8：L Fwd Mambo Step，R Fwd Mambo Step，Walk Back－Back，Step $1 / 2$ Turn
1－\＆－2 Rock fwd on L，Recover back on R，Step L beside of R
3－\＆－4 Rock fwd on R，Recover back on $L$ ，Step $R$ beside of $L$
5－6 Walk back L，R

B-32 counts
B1: Side Touch, Side Touch, Mambo Step, Step $1 / 2$ Turn - Step $1 / 2$ Turn
1234 Step $R$ fwd to $R$ diagonal, Touch $L$ to $R$, Step $L$ fwd to $L$ diagonal, Touch $R$ to $L$
5-\&-6 Rock fwd on R, Recover back on L, Step back on $R$
7-8 $1 / 2$ Turn $L$ stepping fwd on $L, 1 / 2$ Turn $L$ stepping back on $R$

B2: Back-Sweep, Sweep, Step-Lock-Step, ¼ Turn Shoulder Sways, L Hitch
1-2 Step back on $L$ sweeping $R$ out/behind $L$, Step back on $R$ sweeping $L$ out
3-\&-4 Step back on L, Lock R over L, Step back on L
$5-6 \quad 1 / 4$ Turn $R$ stepping out on $R$ while pushing shoulders to $R$, Take weight out on $L$ pushing shoulders to L
7-8 Small step out on $R$ pushing shoulders out $R$, Hitch L knee up beside R Leg

B3: Back-Back, Step-Together-Step, Fwd Dip, $1 / 2$ Turn L, Step $1 / 4$ Turn
1-2 Step back on L, Step back on R (heavy steps here)
3-\&-4 Step back on L, Step R back towards L, Step back on L (small heavy steps)
5-6 Step fwd on $R$ dipping body fwd, $1 / 2$ Turn $L$ straightening up and stepping $L$ fwd
7 - $8 \quad$ Step fwd on R, Pivot $1 / 4$ Turn $L$ transferring weight to $L$

B4: Touch-Step, Touch-Step, Step Pivot $1 / 4$ - Step Pivot $1 / 4$
1-2 Touch R toe fwd/bump R hip to R, Step R back beside of $L$
3-4 Touch $L$ toe fwd/bump $L$ hip to $L$, Step $L$ back beside of $R$
5-6 Step fwd on R, Pivot $1 / 4$ Turn $L$ taking weight on $L$
$7-8 \quad$ Step fwd on R, Pivot $1 / 4$ Turn $L$ taking weight on $L$

TAG: Happens after your 3RD B.......you will be facing 3 o'clock
Full Turn L Doing 4 Chug Steps on the R
1-4 Chug Steps, $1 / 4$ Turn each step.....turning to the $L$ (weight ends on $L @ 3$ o'clock)

RESTART: After your TAG, you only do the FIRST 32 of A and go directly into B (Should be facing your back wall 6 o'clock)

SEQUENCE: A, B, A, B, A, B, TAG, First 32 of A, B, A, Do 1st 16 of B end with L hitch END
HOPE YOU ENJOY IT!!!

