

Let's Twist Again BCSGJB.

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Beginner
编舞者: Breast Cancer Support Group Johor Bahru (MY) - April 2014
音乐: Let's Twist Again - Chubby Checker



A: 32 COUNTS verse

B: 32 COUNTS chorus

Sequence: AA BA AA AA BAA

INTRODUCTION: Clap your hands with Chubby Checker 5,6,7,8 with drum roll. During drum roll, 'play the drums' from right to left

A (Verse)

SWIVEL RIGHT HEELS TOES HEELS SWIVEL LEFT HEELS TOES HEELS

1-4 Swivel heels right. Swivel toes right, swivel heels right, hold

5-8 Swivel heels left, swivel toes left. Swivel heels left, hold

Arms: Hold arms close to body, bend elbows at right angle, hands open with palms facing the floor

1-4 Move hands to right, center, right, hold

5-8 Move hands to left, center, left, hold

WALK FORWARD TOUCH & CLAP X 4

1-2 Step right forward, touch left to right and clap

3-4 Step left forward, touch right to left and clap

5-8 Repeat 1-4

TOUCH FORWARD STEP BACK TOUCH BACK STEP FORWARD (CHARLESTON)

1-4 Touch right forward hold, step right back hold

Arms: Swings arms to right, swing arms to left

5-8 Touch left back hold, step left forward hold

Arms: Swing arms to right, swing arms to left

STEP STEP PIVOT ½ RIGHT RUN RUN RUN STOMP TOGETHER

1-2 Step right forward hold

3-4 Step left forward hold

5-8 Pivot ½ turn right run x 3, stomp left next to right, taking weight on left. (6)

Arms: Arms in running action

B (Chorus)

STEP TOGETHER STEP TOUCH

1-4 Step right to right, hold, step left next to right, hold

Arms: Raise arms up and circle to right anticlockwise x2 (round and round)

5-8 Step right to right, hold, touch left to right, hold

Arms: Push arms up, push arms down

STEP TOGETHER STEP TOGETHER

1-4 Step left to left, hold step right next to left, hold

Arms: Raise arms up and circle to left clockwise x2

5-8 Step left to left, hold, step right next to left, hold

Arms: Push arms up, : push arms down

HEELS SPLIT X2 HIPS BACK X2

1-4 Open heels, close heels, open heels, close heels

Arms: Like in the Chicken Dance, elbow out, elbow in x2

5-8 Push hips back, center, back, center

Arms: Push both hands forward, center, forward, center

STEP, STEP PIVOT ½ RIGHT, RUN, RUN, RUN, STOMP TOGETHER

1-2 Step right forward hold

3-4 Step left forward hold

5-8 Pivot ½ turn right run x 3, stomp left next to right, taking weight on left

Arms: Arms in running acation

Ending: Dance first 12 counts of A, then STOMP right foot forward and cross both hands in front then open both arms to the side x2, follow the music and ENJOY!!!!

Choreographer's notes :

This dance was choreographed in conjunction with the 10th. Anniversary of The Breast Cancer Support Group Johor Bahru Malaysia.

Arm actions have been added so that those who are unable to use their feet can still join the dance with their arms.

"When a patient is first told she has breast cancer, her life would have taken a terrible 'twist'. BCSGJB is there to help her 'twist again', back to as normal a life as possible!!!"

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