

# Twist Twist Twist

拍数: 96      墙数: 1      级数: Intermediate  
编舞者: José Miguel Belloque Vane (NL), Roy Verdonk (NL) & Sophie Dick (BEL) - June 2014  
音乐: Twist 2K14 (feat. Dylan Rinnez) - Matt Houston & DJ Assad



Intro : 32 counts (20 sec.) □□□□□

## S1: Touch, Out/Out, Ball/Cross, Kick (2X), Cross, Rock/Recover, Cross, Side, Cross Behind With Sweep

1&2      Rf touch next to Lf, Rf step right (&) , Lf step left  
&3      Rf step next to Lf (&), Lf cross in front of Rf  
&4      Rf kick right, Rf kick right  
5&6      Rf cross in front of Lf, Lf rock to left (&), recover onto Rf  
&7      Lf cross in front of Rf (&), Rf step right  
8      Lf cross behind Rf sweeping Rf from front to back

## S2: Syncopated Weave , Mambo Cross, Step Back, 1/2 Turn L, Step Forward, 1/2 Turn L, Touch Together

1&2      Rf cross behind Lf, Lf step left (&), Rf cross in front of Lf  
3&4      Lf step left, recover onto Rf (&), Lf cross in front of Rf  
5-6      Rf step back, 1/2 turn left stepping Lf forward ( 6.00 )  
7&8      Rf step forward, make 1/2 turn left stepping Lf forward (&), Rf touch next to Lf ( 12.00 )

## S3: Out/Out , Ball/Cross, Unwind 1/2 Turn L, Touch Together, Walks (2X), Rocking Chair

&1      Rf step right (&) , Lf touch left  
&2      Lf step next to Rf, Rf cross in front of Lf  
3      unwind 1/2 turn left ending with weight on Lf ( 6.00 )  
4      Rf touch next to Lf  
5-6      Rf step forward , Lf step forward  
7&8      Rf rock forward, recover onto Lf (&) , Rf rock back  
&      recover onto Lf

## S4: Step, 1/2 Turn L, Shuffle Forward R, Heel/Toe Swivel Diagonal With Stomp (2X)

1-2      Rf step forward, make 1/2 turn left stepping forward Lf ( 12.00 )  
3&4      Rf step forward, Lf step together (&), Rf step forward  
5&6      Lf step forward on left diagonal with toes turned in, Lf toes turn out (&) ,Rf stomp next to Lf  
(weight remains on Lf  
7&8      Rf step forward in right diagonal with toes turned in, Rf toes turn out (&), Lf stomp next to Rf  
(end with weight on Lf)

## S5: Charleston Steps

1-2      Rf step forward, Lf touch forward  
3-4      Lf step back, Rf touch back  
5-6      Rf step forward, Lf touch forward  
7-8      Lf step back, Rf touch back

(optional: swivel heels on Charleston steps)

## S6: Toe/Heel/Toe Swivel With Flick (4X)

1&2      Bf swivel toes right, Bf swivel heels right (&) , Bf swivel toes right whilst flicking left heel up  
3&4      Bf swivel toes left, Bf swivel heels left (&), Bf swivel toes left whilst flicking right heel up  
5&6      Bf swivel toes right, Bf swivel heels right (&) , Bf swivel toes right whilst flicking left heel up  
7&8      Bf swivel toes left, Bf swivel heels left (&), Bf swivel toes left whilst flicking right heel up

## S7: Charleston Steps

- 1-2 Rf step forward, Lf touch forward
  - 3-4 Lf step back, Rf touch back
  - 5-6 Rf step forward, Lf touch forward
  - 7-8 Lf step back, Rf touch back
- (optional: swivel heels on Charleston steps)**

**S8: Toe/Heel/Toe Swivel With Flick (4X)**

- 1&2 Bf swivel toes right, Bf swivel heels right (&), Bf swivel toes right whilst flicking left heel up
- 3&4 Bf swivel toes left, Bf swivel heels left (&), Bf swivel toes left whilst flicking right heel up
- 5&6 Bf swivel toes right, Bf swivel heels right (&), Bf swivel toes right whilst flicking left heel up
- 7&8 Bf swivel toes left, Bf swivel heels left (&), Bf swivel toes left whilst flicking right heel up

**S9: Syncopated Weave L With Heel Grinds, Cross, Back, Shuffle R**

- 1& Rf cross heel in front of Lf, Lf step left (&)
- 2& Rf cross behind Rf, Lf step left (&)
- 3& Rf cross heel in front of Lf, Lf step left (&)
- 4& Rf cross behind Rf, Lf step left (&)
- 5-6 Rf cross in front of Lf, Lf step back
- 7&8 Rf step right, Lf step together (&), Rf step right

**S10: Syncopated Weave R With Heel Grinds, Cross, Back, Shuffle L**

- 1& Lf cross heel in front of Rf, Rf step right (&)
- 2& Lf cross behind Rf, Rf step right (&)
- 3& Lf cross heel in front of Rf, Rf step right (&)
- 4& Lf cross behind Rf, Rf step right (&)
- 5-6 Lf cross in front of Rf, Rf step back
- 7&8 Lf step left, Rf step together (&), Lf step left

**S11: Walks Forward In Diagonal (2X), Rocking Chair, Step, 1/2 Turn L, Run R/L/R**

- 1-2 Rf walk forward to left diagonal (10.30), Lf walk forward
- 3&4& Rf rock forward, recover onto Lf (&), Rf rock back, recover onto Lf(&)
- 5-6 Rf step forward, make 1/2 turn left stepping Lf forward (4.30)
- 7&8 Rf small step forward, Lf small step forward (&), Rf small step forward

**S12: Walks Forward In Diagonal (2X), Rocking Chair, Step, 1/2 Turn R, 1/8 Turn R, Slide L With Hold**

- 1-2 Lf walk forward to left diagonal (4.30), Rf walk forward
  - 3&4& Lf rock forward, recover onto Rf, (&), Lf rock back, recover onto Rf(&)
  - 5-6 Lf step forward, make 1/2 turn right stepping Rf forward (10.30)
  - 7-8 make 1/8 turn right sliding Lf to left, Rf slide together
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