

Twist Twist Twist

COPPERKNOB
BY STEPHEN

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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