

# Twist It Shake It

拍數: 216      牆數: 1      級數: Advanced  
編舞者: Lilian Lo (HK) - May 2015  
音樂: Shake a Tail Feather - The West End Orchestra & Singers : (Album: The Blue Brothers, The Musical Collection)



Music available from (iTunes, Amazon.co.uk and Amazon.com)

A - 32 counts || Tag - 4 counts || B - 80 counts || C - 104 counts  
Sequence: A, A, Tag, B, B, A, C, B-, B-, B-

Count in: After 32 counts of vocal [0:17] at the word 'KNOW'.

The step sheet may look daunting but descriptions are vastly repetitions. You can do it.

## Part A – 32 counts

### A(1 - 8) ¼ L, shuffle, full turn R

1 2 3 4      Make ¼ turn L, stepping LF fwd (1), hold (2), cross RF behind LF (3), hold (4) @9:00  
5 6 7 8      Step LF fwd (5), cross RF behind LF (6), step LF fwd (7), make full turn R (8)  
Extend arms outward (1, 2), put hands on hips (3, 4), do hand roll (5-8)

### A(9 - 16) Shuffle, ¾ L

1 2 3 4      Step RF fwd (1), hold (2), cross LF behind RF (3), hold (4)  
5 6 7 8 &      Step RF fwd (5), cross LF behind RF (6), step LF fwd (7), hold (8), make ¾ turn L (&)  
Same arm actions

### A(17 - 24) Out, out, hip L, hip R, body roll

1 2 3 4      Step LF out (1), hold (2), step RF out (3), hold (4) @12:00  
5 6 7 8      Swing hips to L (5), swing hips to R (6), fwd body roll (7, 8)  
Put L hand out to side shaking (1, 2), put R hand out shaking (3,4), bring L hand in and Fwd (5), bring R hand on top of L hand (6), comb hair with both hands (7, 8)

### A(25 - 32) Body roll, back rock, chasse, scuff, ½ R, LF tap

1 2 3 4      Continue body roll (1, 2), rock RF back (3), replace (4)  
5&6,7&8      Step RF to side (5), close LF (&), step RF to side (6), scuff LF (7), ½ turn R, hitching LF (&), tap LF to side (8) @6:00

Slide hands down the body (1, 2), swing arms to L (3, 4), draw anti-clockwise circle (5&6)

The 3rd time in Part A (before C), NO NEED to make ½ turn R on the above scuff (7), hitch (&), tap (8).

Remain at FRONT Wall.

## Tag – 4 counts

### (1 - 4) Swing hips R, L, R, R

1 2 3&4      Swing hips R (1), swing hips L (2), swing hips R (3), swing hips L (&), swing hips R (4)  
@12:00

Swing arms R (1), swing arms L (2), swing arms R (3), draw anti-clockwise circle (&) Swing arms R (4)

## Part B – 80 counts

### B(1 - 8) Twist, hold, twist, shimmy

1 2 3 4      Keep weight on RF, twisting L heel out (1), in (2) hold (3, 4)  
5 6 7 8      twist L heel out, in out (5 - 7), lower L heel (8)  
Arms swing L (1), swing R (2), swing L, R, L, R (5 - 8)

### B(9 - 16) Twist, shimmy

1 2 3 4      Keep weight on LF, twisting R heel in, out, in (1 - 3), lower R heel (4)  
5 6 7 8      Shimmy, bending diagonal R fwd (5 - 8)

**Arms swing L, R, L, R (1 - 4)**

**B(17 - 24) 1¼ L, sweep, push hips fwd, push hips back**

1 2            Make ¼ turn L, stepping LF fwd (1), make ½ turn L, stepping RF back (2), make ½ turn L,  
3 4 5           Step LF fwd (3) , sweep (4), cross RF fwd , bending knees, thrusting hips fwd (5) @9:00  
6 7 8           Hold (6), step LF back, pushing hips back (7), hold (8)

**Bring arms to both sides of hips (5), push arms fwd (7)**

**B(25 - 32) Cross back, tap, cross back, tap, ¼ L, cross back, tap, cross back, close RF**

1 2 3 4&        Cross RF back (1), tap LF side (2), cross LF back (3), tap RF side (4), ¼ turn L (&)  
5 6 7 8        Cross RF back (5), tap LF side (6), cross LF back (7), close RF (8) @6:00

**Snap fingers on L side (2), snap on R side (4), snap on L side (6), snap in front (8)**

**B(33 - 40) Repeat above count 17 – 24 @3:00**

**B(41 - 48) Repeat above count (25 - 32)@12.00**

**B(49 - 56) Side step, tap, clap, repeat on reverse, ¼ R, side step, tap, clap, repeat on reverse, ¼ R**

1 2&3 4&       Step LF to side (1), tap RF next to LF, clapping hands twice on L (2, &), step RF to side (3)  
Tap LF next to RF, clapping hands once on R (4), make ¼ turn R (&) @3:00

5 6&7 8&       Step LF to side (5), tap RF next to LF, clapping hands twice on L (6, &), step RF to side (7)  
Tap LF next to RF, clapping hands once on R (8), make ¼ turn R (&) @6:00

**B(57 - 64) Side step, tap, clap, repeat on reverse, ¼ R, side step, tap, clap, repeat on reverse, ¼ R**

1 2&3 4&       Step LF to side (1), tap RF next to LF, clapping hands twice on L (2, &) step RF to side (3),  
Tap LF next to RF, clapping hands once on R (4), make ¼ turn R (&) @9:00

5 6&7 8        Step LF to side (5), tap RF next to LF, clapping hands twice on L (6, &), step RF to side (7)  
Tap LF next to RF, clapping hands once on R (8), make ¼ turn R (&) @12:00

**B(65 - 72) Side step, tap, clap, repeat on reverse, 2 sailor steps**

1 2&3 4        Step LF to side (1), tap RF next to LF, clapping hands twice on L, (2, &) step RF to side (3),  
Tap LF next to RF, clapping hands once on R (4) @12:00

5&6 7&8        Cross LF behind RF (5), step RF to side (&), step LF diagonal fwd (6), cross RF behind LF  
(7), step LF to side (&), step RF diagonal fwd (8)

**B(73 - 80) 2 kicks, jump, cross, unwind**

1&2&           Kick LF fwd (1), replace (&), kick RF fwd (2), replace (&)

3 - 8           Jump, landing with LF crossing over RF (3), unwind a full turn (4 - 8)

**Part C – 104 counts :: Do actions as being called by the vocal**

**C(1 - 8) Heels twist L, R (vocal : TWIST)**

1 2 3 4        Heels swiffle L (1), heels swiffle R (2), repeat 1, 2 (3, 4) @12:00

5 6 7 8        Repeat the above

**C(9 - 16) Side step ball change 4 times, flying (vocal : FLY)**

1&2            Step LF to side (1), close RF to LF with part weight (&), replace LF in place (2)

3&4            Step RF to side (3) close LF to RF with part weight (&), replace RF in place (4)

5&6 7&8        Repeat the above.

**Arms extend straight out to both sides, rotating in small circles at opposite directions like a Soaring airplane.**

**Option to replace step ball change with side step tap: Step LF to side (1), tap RF next to LF (2), step RF to side (3), tap LF next to RF (4), repeat on count 5 - 8**

**C(17 - 24) Side step ball change or side step tap , swimming (vocal : SWIM )**

1&2 3&4        Side step ball change or side step tap

5&6 7&8        Repeat the above

**L hand extend from chest to fwd (1, 2), R hand extend from chest to meet L hand (3, 4), Repeat on count 5 - 8**

**C(25 - 32) Side step ball change or side step tap, flying (vocal : BIRD )**

1&2 3&4 Side step ball change or side step tap

5&6 7&8 Repeat the above

**Flap arms up (1, 2), flap arms down (3, 4), repeat on count 5 - 8**

**C(33 – 40) Walk LF, RF, LF, RF around in circle, chin thrusting out, retracting (vocal : DUCK )**

1 2 3 4 Make ¼ turn R, stepping LF fwd (1), hold (2), make ¼ turn R, stepping RF fwd (3), hold (4)  
@6:00

5 6 8 9 Repeat the above on count 5 – 8 @12:00

**Put both hands at the back, palms facing out. Thrust chin out ( 1), retract (2), repeat on Count 3 - 8**

**C(41 - 48) Side step ball change or side step tap, swinging arms up and down (vocal : MONKEY)**

1&2 3&4 Side step ball change or side step tap

5 &6 7&8 Repeat the above

**Swing L arm up while R arm down in front (1,2), swing L arm down, R arm up (3,4) Repeat on count 5 - 8**

**C(49 - 56) Step ball change or step tap, clapping hands upwards and behind (vocal : WATUSI )**

1&2 3&4 Step ball change fwd (1&2), step ball change bwd (3&4) or step tap fwd and bwd

5&6 7&8 Repeat the above

**Clap hands above head in front (2), clap hands behind (4), clap hands above head in front (6) Clap hands behind (8)**

**C(57 - 64) Side step ball change or side step tap, swaying arms behind L and R (vocal : FRUG)**

1&2 3&4 Side step ball change or side step tap

5&6 7&8 Repeat the above

**Sway arms to L at the back (1, 2), sway arms to R at the back (3, 4), repeat on count 5 - 8**

**C(65 - 72) Mash Potato (vocal : MASH POTATO)**

1 2 3 4 Step LF back, swiveling L heel in, R heel in (1), L swivel heel out, R heel out (2), step RF  
Back, swiveling R heel in, L heel in (3), swivel R heel out, L heel out (4)

5 6 7 8 Repeat the above on count 5 - 8

**C(73 - 80) Side step ball change or side step tap, swing both arms L, R (vocal : BOOGALOO)**

1&2 3& Side step ball change or side step tap

5&6 7&8 Repeat the above

**Swing both arms to L (1, 2), swing arms to R (3, 4), repeat on count 5 - 8**

**C(81 - 88) BONEY MARONY**

1&2& Step LF diagonally fwd , RF diagonally bwd pointing towards LF, bending knees (1)  
Straighten knees up (&), bend knees (2), straighten knees up (&)

3&4& Repeat the above

5 6 7 8 Keep weight on LF, lift RF straight to R diagonal, shaking (5 - 8)

**C(89 - 96) TWIST**

**C(97 - 104) Stomp alternately, bringing arms up, flapping hands (vocal : STOMP)**

1 - 8 Stomp LF and RF rapidly, traveling fwd, bringing arms up from the sides, flapping

**Option for Part C: Do Part A and B instead. In this option, on the 3rd Part A, make ½ turn at count 31&. On Part B, instead of ¼ turns, make ½ R turns at count 53, 57 and drop count 61-68.**

**Part B - : The first 16 counts of Part B. Keep doing twists, no need to shimmy. -END OF DANCE**

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