

Wilbury Twist

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Beginner
編舞者: Margaret Fox (UK) - May 2015
音樂: Wilbury Twist - The Traveling Wilburys



Start on the vocals

Sec 1: Twist heels, toes, heels, toes, right, twist heels right, left, centre, hold, Moving to the right

1-4 (twist heels right, twist toes right,)x2
5-8 twist heels right, twist heels left, twist heels centre, hold

Sec 2: Twist heels, toes, heels, toes left, twist heels left, right, centre, hold, Moving to the left

1-4 (twist heels left, twist toes left)x2
5-8 twist heels left, twist heels right, twist heels centre, hold

Sec 3: Monterey 1/4 turns

1-2 point right toe right, turn 1/4 right and step right next to the left
3-4 point left toe left, step left next to right
5-8 repeat 1-4

Sec 4: Toe fans right & left

1-4 stomp right forward with toes in, fan toes out, in, out
5-8 stomp left forward with toes in, fan toes out, in, out

Sec 5: Heel struts 1/2 turn right Turning in a semi circle to the right

1-8 (right heel forward, right heel down, left heel forward, left heel down)x2

Sec 6: Rocking chair, rock recover with 1/4 turn left 2 stomps

1-4 rock forward on right, recover on left, rock back on right, recover on left
5-6 rock forward on right, recover on left turning 1/4 left,
7-8 stomp right next to left, stomp left next to right

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