

Country Twist

拍數: 48 牆數: 2 級數: Absolute Beginner
編舞者: Yvonne Anderson (SCO) - July 2015
音樂: The Twist (Cowboy Style) - BJ Blue and the Cadillac Cowboys



Notes: Start on vocal. Thanks to my class for suggesting we have a dance that fits this track.
Yes I do know 48 counts is a lot for a beginner, but because of the repetition it feels much shorter

(S1) □ RIGHT HEEL DIG FORWARD X 2, RIGHT TOE TOUCHES BACK X 2, STEP, TOGETHER, HEEL SWING

1-2 Touch R heel forward twice [12]
3-4 Touch R toes back twice [12]
5-6 Step R forward, Step L beside right [12]
7-8 Swing both heels to R, Return to centre weight on R [12]

(S2) □ LEFT HEEL DIG FORWARD X 2, LEFT TOE TOUCHES BACK X 2, STEP, TOGETHER, HEEL SWING

1-2 Touch L heel forward twice [12]
3-4 Touch L toes back twice [12]
5-6 Step L forward, Step R beside left [12]
7-8 Swing both heels to L, Return to centre weight on L [12]

(S3) □ GRAPEVINE RIGHT, TOGETHER, TRAVELLING HEEL TOE TWISTS LEFT, FLICK

1-4 Step R to right, Step L behind right, Step R to right, Step L beside right [12]
5-6 travelling left swing heels to left. Swing toes to left. Swing heels to left, flick R behind left [12]

(S4) □ GRAPEVINE 1/4 TURN RIGHT, TOGETHER, TRAVELLING HEEL TOE TWISTS LEFT, FLICK

1-4 Step R to right, Step L behind right, Make 1/4 turn right stepping R forward, Step L beside right [12]
5-6 travelling left swing heels to left. Swing toes to left. Swing heels to left, flick R behind left [12]

(S5) □ STOMP FORWARD, SWIVEL HEEL, TOE, HEEL X 2

1-4 Stomp R forward (long step), Swing L heel towards right, Swing L toes towards right, Swing L heel towards right (weight remains on R throughout counts 1-4) [3]
5-6 Stomp L forward (long step), Swing R heel towards left, Swing R toes towards left, Swing R heel towards left

(weight remains on R throughout counts 5-8) [3]

(S6) □ STEP BACK, TAP X 2, GRAPEVINE 1/4 TURN RIGHT, TOGETHER

1-2 Step R back, Tap L toes beside right and clap hands [3]
3-4 Step L back, Tap R toes beside left and clap hands [3]
5-8 Step R to right, Step L behind right, Make 1/4 turn right stepping R forward, Step L beside right [6}

REPEAT