

Twist & Turns

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Maddison Glover (AUS) - August 2015
音樂: Tomorrow Never Comes - Zac Brown Band : (Album: Jekyll + Hyde - iTunes - 3:59)



Begin dance after count 16 (on vocals)

S1: Side, Hold, Behind & Cross, Side, Replace, Cross Shuffle

1,2,3&4 Large step R to R side, hold (drag L towards R), step L behind R, step R to R, cross L over R
5,6,7&8 Rock R to R side, replace weight onto L, cross R over L, step L to L side, cross R over L
12:00

S2: ½ Hinge Turn, Lock Shuffle Fwd (diagonal), Fwd, Hitch, Coaster

1,2,3&4 Turn ¼ R stepping back on L, turn ¼ R stepping R to R side, turn 1/8 R stepping L fwd, lock R behind L, step L fwd 7:30
5,6,7&8 Step R fwd, hitch L knee up, step L back, step R together, step L fwd (still facing diagonal) 7:30

S3: Rocking Chair, Rock Fwd, Rock Back, Full Turn

1,2,3,4 Rock fwd on R, replace weight back onto L, rock back on R (look back over R shoulder), rock fwd onto L 7:30
5,6,7,8 Rock fwd onto R, rock back onto L, make ½ turn R stepping fwd onto R. 1:30 , Make ½ turn R stepping back on L 7:30

S4: ½ Shuffle Fwd, Side Rock, Replace (square up), Cross, Hold, Side, Behind, ¼ Fwd

1&2 Make ½ turn R stepping R fwd, step L together, step R fwd,
3,4 Turn 1/8 R rocking L to L side, replace weight onto R 3:00
5,6&7,8 Cross L over R, hold, step R to R side, cross L behind R, turn ¼ R stepping fwd on R 6:00

S5: Rock Fwd, Back, Coaster, Rock Fwd, Rock Back, ½ Shuffle Fwd

1,2,3&4 Rock L fwd, rock back onto R, step L back, step R together, step L fwd
(3rd Restart occurs here)
5,6,7&8 Rock R fwd, rock back onto L, make ½ turn R stepping R fwd, step L together, step R fwd
12:00

S6: ½ Turn Walking Back x2, Coaster Cross, 2x Travelling Kick-Ball Crosses

1,2,3&4 Make ½ turn R stepping back on L, step back on R, step back on L, step R together, Cross L over R 6:00
5,&6 Kick R fwd onto R diagonal, step R slightly to R, cross L over R
(1st,2nd & 4th Restarts occur here)
7&8 Kick R fwd onto R diagonal, step R slightly to R, cross L over R 6:00

S7: Side, ½ Sweep, Behind and Cross, Side, Replace, Cross, Side Rock

1,2 Step R to R, start sweeping L around anti-clockwise as you make ½ turn L 12:00
3&4 Step L slightly behind R, step R to R side, cross L over R
5,6,7,8 (the following four counts are completed whilst travelling fwd) Rock R to R side, replace weight onto L, cross R over L, rock L to L side 12:00

S8: Replace, Cross, ½ Hinge Turn, Diagonal Fwd, Kick, Coaster Cross

1,2,3,4 Replace weight onto R, cross L over R, turn ¼ L stepping back on R, turn ¼ L stepping L to L, 6:00
5,6 Turn 1/8 L stepping R fwd, kick L fwd 4:30
7&8 step back on L, turn 1/8 R to square up stepping R to R, Cross L over R 6:00

Sequence: 46, 46, 64, 64, 36, 46, 64, 64

- (1) During the first sequence, begin facing 12:00, restart after count 46 facing 6:00
- (2) During the second sequence, begin facing 6:00, restart after count 46 facing 12:00
- (3) During the fifth sequence, begin facing 12:00, restart after count 36 facing 6:00
- (4) During the sixth sequence, begin facing 6:00, restart after count 46 facing 12:00

Finish: Dance to count 18, ' rock fwd on R, back on L' make 3/8 turn to front stomping R forward.
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Thankyou to my big brother Dion for recommending the track xx
