

# Twisted

拍數: 48                      牆數: 4                      級數: Intermediate  
編舞者: Amanda Bowler (USA) - December 2015  
音樂: Twisted - Carrie Underwood  
或: Dust - Eli Young Band



Intro: Start on lyrics

## S1: Rolling Grapevine R, Rolling Grapevine L

1-2-3-4              Step R to R side, L 1/2 turn, R 1/2 turn, Touch L next to R  
5-6-7-8              Step L to L side, R 1/2 turn, L 1/2 turn, Touch R next to L

## S2: Side steps R, Side steps L

1-2-3-4              Step R to R side, Slide L together, Step R to R side, Slide L together  
5-6-7-8              Step L to L side, Slide R together, Step L to L side, Slide R together

## S3: Shuffle R, 1/2 Turn, Shuffle L, 1/2 Turn

1&2                  Shuffle forward stepping R-L-R  
3-4                  Step L forward pivoting 1/2 turn R  
5&6                  Shuffle forward stepping L-R-L  
7-8                  Step R forward pivoting 1/2 turn L

## S4: Toe touch R, L, Double R, Toe touch L, R, Double L

1&2&                Touch R toe to R side, Step R together, Touch L toe to L side, Step L together  
3&4&                Touch R toe to R side, Touch R together, Touch R toe R side, Step R together  
5&6&                Touch L toe to L side, Step L together, Touch R toe to R side, Step R together  
7&8                  Touch L toe to L side, Touch L together, Touch L toe L side

## S5: Cross & Behind & Cross & Cross, Rock Step 1/4, Shuffle 1/2

1&2&                Cross L over R, Step R to R side, Step L behind R, Step R to side  
3&4                  Cross L over R, Step small R step to side, Cross L over R  
5-6                  Rock R forward, Recovering on L pivoting 1/4 to R  
7&8                  Shuffle 1/2 turn to R stepping R-L-R

## S6: Rock Step, Coaster Step, Walk 1-2-3-4

1-2                  Rock L forward, Recovering on R  
3&4                  Step L next to R, Step R next to L, Step down forward with L  
5-6-7-8              Walk forward 4 steps starting R-L-R-L

Dance goes counter-clockwise

Contact: [andama07@yahoo.com](mailto:andama07@yahoo.com)