

Charleston Twist

拍數: 48 牆數: 4 級數: Beginner
編舞者: Gabby Parker (SA) - March 2016
音樂: Shake Your Boogie and Roll - Pete Stothard



Intro: 24 count

Sec. 1: Charleston Step x 2

1 – 4 Touch R toe forward, hold. Step back on R, hold
5 – 8 Touch L toe back, hold. Step forward on L, hold

Sec. 2: Repeat counts 1 - 8

Sec. 3: Right Lock Step, Step Left. Forward Right Mambo, Step Left Back

1 – 4 Step R forward, lock L behind R, step R Forward, step L forward
5 – 8 Rock R forward, recover to L, step R back, step L back

Option:-

1-4 Step R forward, lock L behind R, hold
5-8 Rock L forward, recover onto L, step back onto L, hold

Sec. 4: Right Coaster, Step Left Forward. Step, Turn ½ Left, Step, Step L Forward

1 – 2 Step back on R. Step L next to R
3 – 4 Step forward on R. Step forward on L
5 – 8 Step forward on R, ½ turn L wt to L, step R forward, step forward on L

Sec. 5: Right Diagonal Lock Step, Hold. Left Diagonal Lock Step, 1/8 Turn L Stepping R To L.

1 – 4 Step R forward, lock L behind R, step R forward, hold (7:30)
5 – 8 Step L forward, lock R behind left, step L forward (4:30) 1/8 turn L stepping R next to L (3)

Sec. 6: Swivels Right and Left

1 – 4 Swivel heels to R, swivel toes to R, swivel heels to R, hold
5 – 8 Swivel heels to L, swivel toes to L, swivel heels to L, hold

Hope you enjoy the dance!

Contact: gabbyparker5@gmail.com

Last Update – 27th June 2016
