

# Twist & Twist

拍數: 96      牆數: 2      級數: Phrased Improver  
編舞者: Danièle Chang (FR) - August 2017  
音樂: Twisting the Night Away - Si Cranstoun



Intro: 16 counts - Phrased: A-A-B - A-A-B - C-C- A-A-B -C-C - End

## PART A: 32 counts

### AS1: Twist with flick, Twist

1 2 3 4      Swivel both heels, toes, heels, toes on the right and flick L  
5 6 7 8      Swivel both toes, heels, toes, heels on the left

### AS2: Hitch Point Hitch step x2

1 2 3 4      Hitch R in front of LF, point R to right side, Hitch F in front of LF, Step R next L  
5 6 7 8      Hitch L in front of RF, point L to left side, Hitch L in front of RF, Step L next R

### AS3: Slow Walks x2, Step ½ L, walks Forward R,L

1 2 3 4      Walk R forward, Hold, Walk L forward, Hold (claps hands on 2 and 4)  
5 6      Step R forward, Turn ½ L (weight on L)  
7 8      Walk forward R,L

### AS4: Step, behind and knee pop, step, touch in diagonal (R and L)

1 2 3 4      Step R forward to R diagonal, step L behind R and knee pop R, Step R forward to R diagonal, Touch L next R  
5 6 7 8      Step L forward to L diagonal, step R behind L and knee pop G, Step L forward to L diagonal, Touch R next L

## PART B: 32 counts

### BS1 : Weave L with Heel Grind, Cross, Back, Shuffle R

1 2      Cross R (on heel) over L, step L to L side  
3 4      Cross R behind L, Step L to L side  
5 6      Cross R over L, Step back L  
7 & 8      Step R to side, Step L next to R, Step R to side

### BS2 : Weave R with Heel Grind, Cross, Back, Shuffle L

1 2      Cross L (on heel) over R, step R to R side  
3 4      Cross L behind R, Step R to R side  
5 6      Cross L over R, Step back R  
7 & 8      Step L to side, Step R next to L, Step L to side

### BS3 : Walks forward in diagonal (x2) Rocking chair, Step, ½ Turn L

1 2      On L diagonal Walk forward R, L  
3 4 5 6      Rock step forward R, Recover on L, Rock step behind R, Recover on L  
7 8      Step R forward, Turn ½ L (weight on L)

### BS4 : : Walks forward in diagonal (x2) Rocking chair, Step R, L

1 2      On L diagonal Walk forward R, L  
3 4 5 6      Rock step forward R, Recover on L, Rock step behind R, Recover on L  
7 8      Step R forward, Step L next R

## PART C : 32 counts

### CS1 : Twist with flick (x2)

1 2 3 4      Swivel both heels, toes, heels, toes on the right and flick L

5 6 7 8 Swivel both toes, heels, toes, heels on the left and flick R

**CS2: Step touch forward (x4)**

1 2 Jump slightly R forward on diagonal R, touch L next R

3 4 Jump slightly L forward on diagonal L, touch R next L

5 6 Jump slightly R forward on diagonal R, touch L next R

7 8 Jump slightly L on L touch R next L

**CS3 : Step touch x 2, jazz box ½ turn R**

1 2 3 4 Step R to R side, touch L next R, Step L to L side, touch R next L (shimmy)

5 6 7 8 Cross R over L, Turn ¼ R, Step L back, Turn 1/4 R, Step R forward , Step L next R

**CS4 : Forward touch –together x2, kick x2, step, step**

1 2 3 4 Touch R forward, Step R together, Touch L forward, Step L together

5 6 7 8 Kick R x2, Step R to R side , Step L to L side

**END**

1 2 3 4 Swivel both heels, toes, heels, toes on the right and flick L

5 6 7 8 Swivel both toes, heels, toes, heels on the left and flick R

1 2 3 4 Turn ¼ R step R to R side and touch L next R, step L to L side and touch R next L

5 6 7 8 Turn ¼ R step R to R side and touch L next R, step L to L side and touch R next L

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