

# Twist & Twist Salsa

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
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音樂: Let's Talk About Sex - Salt-N-Pepa



## #32 count intro

### WALK FORWARD X3, KICK, STEP BACK TWICE, COASTER STEP

1 – 4      Step left forward, step right forward, step left forward, kick right forward  
5 – 6      Step right back, step left back  
7 & 8      Step right back, step left next to right, step right forward

### WALK FORWARD X3, KICK, STEP BACK TWICE, COASTER STEP

9 – 12      Step left forward, step right forward, step left forward, kick right forward  
13– 14      Step right back, step left back.  
15&16      Step right back, step left next to right, step right forward

### SAILOR STEP, UNWIND ½ TURN RIGHT, JUMP APART & CLOSE FEET

17 & 18      Cross left over right foot, step right to side, step left in place  
19 & 20      Cross right over left foot, step left to side, step right in place  
21 – 22      Cross left over right and make a ½ turn right  
23 – 24      Jump both feet apart, jump both feet together

### TWIST HEELS & TOES TO LEFT, SLIDE TOGETHER, TWIST HEELS & TOES TO RIGHT, SLIDE TOGETHER

25 & 26      Twist both heels to left, twist both toes to left, twist both heels to left  
27 – 28      Step right to side, slide left next to right  
29 & 30      Twist both heels to right, twist both toes to right, twist both heels to right  
31 – 32      Step left to side , slide right next to left

### MAMBO STEP, MAMBO TOUCH, TOE TOUCH OUT IN OUT, JUMP UP, ¼ TURN LEFT, STOMP

33 & 34      Step left forward, step right in place, step left next to right  
35 & 36      Step right backward, step left in place, touch right next to left  
37 & 38      Touch right toe to side, touch right toe next to left, touch right toe to side  
39 & 40      Jump on left, turn ¼ left while lift right foot up & step right next to left, stomp left next to right (weight on right)

### CUCARACHA, CUBAN BREAK

41 & 42      Step left to side, step right in place, step left next to right  
43 & 44      Step right to side, step left in place, step right next to right  
45 &      Step left forward, step right in place.  
46 &      Step left backward, step right in place.  
47 & 48      Step left forward, step right in place, step left next to right

### VINE RIGHT, SYNCOPATED HEEL MOVEMENT, VINE LEFT, SYNCOPATED HEEL MOVEMENT

49 – 50      Step right to side, step left behind right  
51 & 52      Touch right heel forward, step right next to left, touch left heel forward  
53 – 54      Step left to side, step right behind left  
55 & 56      Touch left heel forward, step left next to right, touch right heel forward

### JAZZ BOX ¼TURN RIGHT, SCUFF, JAZZ BOX ¼TURN LEFT, SIDE, TOGETHER

57 – 58      Cross right over left, step left back & make a ¼ turn right

- 59 – 60 Step right to side, scuff left forward.  
61 – 62 Cross left over right, step right back & make a ¼ turn left  
63 – 64 Step left to side left, step right foot next to left

**REPEAT**

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