

Twist and Shout

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Laura Rittenhouse (AUS) - August 2019
音樂: Twist and Shout by The Vamps



Start with "baby now"

ROCK BACK, CHA CHA, ROCK FORWARD, CHA CHA

1,2,3&4 Rock R back, Recover forward L, Cha cha step (R,L,R)
5,6,7,8 Rock L forward, Recover back R, Cha cha step (L,R,L)

CROSS ROCK, CHA CHA, CROSS ROCK, CHA CHA

1,2,3&4 Cross rock R over L, Recover back on L, Cha cha step (R,L,R)
5,6,7&8 Cross rock L over R, Recover back on R, Cha cha step (L,R,L)

SIDESTEP ON DIAGONAL, CHA CHA, SIDESTEP ON DIAGONAL, CHA CHA

1,2,3&4 Step R fwd to R diagonal, Step L beside R, Cha cha step (R,L,R)
5,6,7&8 Step L fwd to L diagonal, Step R beside L, Cha cha step (L,R,L)

WALK BACK, JAZZ BOX TURN

1,2,3,4 Walk back 4 steps (R,L,R,L)
5,6,7,8 Cross R over L, Step L back, Turn ¼ L with R (3:00), Step L beside R