

Twist and Shout

COPPER **KNOB**
BY STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Chika Hapsari (INA) & Roosamekto Mamek (INA) - November 2019
音樂: Twist and Shout (feat. Jack Radics & The Taxi Gang) - Chaka Demus & Pliers



Intro: 32 count - NO TAG, NO RESTART

S1. ROCK FORWARD, RECOVER, BACK LOCK SHUFFLE, BACK ROCK, RECOVER, FORWARD LOCK SHUFFLE

1-2 Rock R forward – Recover on L (12:00)
3&4 Step R back – Lock L over R – Step R back
5-6 Rock L back – Recover on R
7&8 Step L forward – Lock R behind L – Step L forward (12:00)

S2. FORWARD, SIDE TOUCH, PADDLE TURN 1/4 LEFT (2X)

1-4 Step R forward (slightly Cross over L) – Touch L to side – Step L forward (slightly Cross over R) – Touch R to side (12:00)
5-8 Step R forward – Turn 1/4 left – Step R forward – Turn 1/4 left (6:00)

S3. FORWARD LOCK SHUFFLES, ROCKING CHAIR

1&2 Step R forward – Lock L behind R – Step R forward (6:00)
3&4 Step L forward – Lock R behind L – Step L forward
5-8 Rock R forward – Recover on L – Rock R back – Recover on L (6:00)

S4. JAZZ BOX TURN 1/4 RIGHT, TWISTING

1-4 Cross R over L – Turn 1/4 right step L back – Step R to side – Step L together/forward (3:00)
5-8 Twist both heels to right – Twist to left – Twist to right – Twist to left (3:00)
(while doing this both feet close/together and using balls of foot to twisting, weight on both feet)

REPEAT

For more info about step sheet & song, please contact:

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