

Tail Feather Twist

拍數: 0 牆數: 2 級數: High Beginner
編舞者: Rex Allott (UK) - February 2020
音樂: Shake a Tail Feather - James & Bobby Purify



Intro - 24 beats.

S.1. Cross Step (With Jump) R, L, Step 1/2 Turn R

- 1-2. Step R over L
- &3-4. Step R back, step L over R
- 5-6. Step R Forward, Recover on L
- 7-8. Stepping R Forward, Turn 1/2, Step L next to R

S.2. Rpt S.1(excluding 1/2 turn R)

S.3. Monkey Steps R x 2, Rock Back L, Return R, Step Together

- 1-2. Fan Both Toes Out, In, Heels Out (Moving R if desired)
- 3-4 Rpt 1&2
- 5-6. Rock Back L Behind R, Return on R
- 7-8. Step L to L, Step R Next to L

S.4. Monkey Steps L x 2, Rock Back R, Return L, Step Together

- 1-2. Fan Both Toes Out, In, Both Heels In, Out(moving L if desired)
- 3-4 Rpt 1&2
- 5-6. Rock Back R Behind L, Return on L
- 7-8. Step R to R, Step L next to R

Restart after 1st S.4.

S.5. Turn 1/8 R, Cross Shuffle Forward R, L, R Rock Forward, Return, Step Back

- 1&2. Turning 1/8 R, Step Forward on R, Step L Behind R, Step Forward on R
- 3&4. Crossing L Over R, Step Forward on L, Step R Behind L, Step Forward on L
- 5-6. Step Forward on R, Recover on L
- 7-8. Step Back on R, Turning 1/8 L, Step L Next to R

S.6. Turn 1/8 L, Cross Shuffle Forward L,R,L, Rock Forward, Return, Step Back

- 1&2 Turning 1/8 L, step fwd on L, step R behind L, step fwd on L
- 3&4 Crossing R over L, step fwd on L, step L behind R, step fwd on L
- 5-6 Step fwd on L, recover on R
- 7-8 Step Back on L, turning 1/8 R, step R next to L

S.7. Full Step Turn R

- 1-2. Step Forward on L, turning 1/2 R, Step Forward on R
- 3-4. Rpt 1-2

S.8. Knee Twists L, R, Dip Shoulders Forward R, L.

- 1-2. With Feet Together Twist Knees L, Heels R, Return
- 3-4. Twist Knees R, Heels L, Return
- 5-6. Dip R Shoulder Forward, Return
- 7-8. Dip L Shoulder Forward, Return

(Option on 5-8, hook thumbs through belt loops, or place hands on thighs)

Tag.

S1. Heel, Toe Swivels L, R.

- 1-2. Swivel Heels L, Toes L
- 3-4. Rpt 1-2
- 5-6. Swivel Toes R, Heels R
- 7-8. Rpt 5-6

S2. Heel, Toe Swivels R, L,

- 1-4 Rpt S1. 5-8
- 5-8 Rpt S1. 1-4

S3. Rocking Chair

- 1-2. Rock Forward on L, Rock Back On R
- 3-4. Rock Back on L, Rock Forward on R

Tag after 2nd & 3rd S6.

Finish by repeating S1. - S4. of main dance to finish facing 12 o'clock

Last Update: 27 Nov 2023
