

Soul Power Twist

COPPER **KNOB**
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Barbara Seelt (NL) - June 2020
音樂: 'Soul Power Twist' by Martijn vd Kolk / MCA



In collaboration with the Western Experience On-linedance
Dance starts after 32 counts just before lyrics

[1-8] SHUFFLE, ROCK STEP, ROCKING CHAIR

1&2 Step RF to R, close LF next to RF, step RF to R
3, 4 Rock LF behind RF, recover weight on RF
5, 6 Rock LF L diagonally forward, recover weight on RF
7, 8 Rock LF behind RF, recover weight on RF

[9-16] SHUFFLE, ROCK STEP, TOE-HEEL 2X

1&2 Step LF to L, close RF next to LF, step LF to L
3, 4 Rock RF behind LF, recover weight on LF
5, 6 Touch R toe, touch R heel
7, 8 Touch R toe, touch R heel

Option for counts 5-8: swiffle on LF slightly to R side

[17-24] DIAGONALLY STEP AND SWIFFLE 2X

1, 2 Step RF R diagonally forward, close LF next to RF
3, 4 Swiffle both heels to R, swiffle back to centre
5, 6 Step LF L diagonally forward, close RF next to LF
7, 8 Swiffle both heels to L, swiffle back to centre

[25-32] ¼ JAZZBOX, SIDE STEP, CLAP 2X

1, 2 Cross RF over LF, step LF behind (start turning ¼ R)
3, 4 Step RF to R (whilst finishing turn), cross LF over RF (facing 09:00)
5, 6 Step RF to R, close LF next to RF
7, 8 Clap in hands 2x

Enjoy!

For contact and music: Barbaraseelt@gmail.com