

The Twist

拍數: 48 牆數: 2 級數: Easy Beginner
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音樂: The Twist - Chubby Checker



Intro: 16 Counts - No Restarts Or Tags

[1-8] Twist traveling right (Swivel both feet heel, toe), Twist traveling left (Swivel both feet heel, toe (clap on 4 & 8)

[9-16] "Heel, Step" alternating- right heel, left heel, right heel, left heel

1-4 Touch right heel forward(1), step down on right (2), touch left heel forward (3), step down on left (4)
5-8 (Repeat 1-4)

[17-24] Twist traveling right (Swivel both feet heel, toe), Twist traveling left (Swivel both feet heel, toe (clap on 4 & 8)

[25-32] "Heel, Step" alternating on 1-7, Touch left toe alongside right foot on count "8" (weight finishes on right foot)

1-4 Touch right heel forward(1), step down on right (2), touch left heel forward (3), step down on left (4)
5-8 Touch right heel forward (5), step down on right (6), touch left heel forward(7), touch left toe next to right foot (8)

[33-40] Step forward, together, forward (L-R-L) (slightly angled left [11 O'clock]), cross touch, half-turn left unwind

1-2 Step forward on slight angle to left on left foot [towards 11 O'clock](1), step right foot alongside left (2)
3-4 Step left foot forward (3), Hold (4)
5-8 Cross and touch right toe over left and unwind a half-turn left (5-6-7-8) (ending with weight on left foot)

[41-48] Jazzbox Cross, Side touch, Side touch (Ad a slight dip [left knee bend] on count "1" for styling if you like)

1-4 Cross-step right over left (1), step slightly back on left (2), step side right (3), step-cross left over right (4)
5-8 Step right foot side right (1), touch left toe alongside right foot (2), step left foot to left (3), touch right toe alongside left foot (8)

Begin again and have fun! Oh... have a nice workout! ☐