

# Jive Twist

拍數: 32      牆數: 1      級數: Beginner / Improver  
編舞者: Zaldy Lanas (IT) - May 2022  
音樂: Twistin' the Night Away - Sam Cooke



Introduction: 8 counts. Start on vocal @ 8 seconds.

**NO TAGS ! NO RESTARTS !**

\*Step sheet by: Ira Weisburd

**PART I. (ROCK BACK, RECOVER, TOUCH, STEP, TOUCH, STEP, ROCK BACK, RECOVER; TOUCH, STEP, FORWARD, PIVOT 1/2 L TURN, TOUCH, STEP, FORWARD, PIVOT 1/2 R TURN)**

1&2&      Rock back onto L, Recover forward onto R, Touch L toe beside R, Step L in place  
3&4&      Touch R toe beside L, Step R in place, Step L back, Recover forward onto R  
5&6&      Touch L toe forward, Step L in place, Step R forward, Pivot 1/2 L Turn onto L (6:00)  
7&8&      Touch R toe forward, Step R in place, Step L forward, Pivot 1/2 R turn onto R (12:00)

**PART II. (TOUCH, STEP, ROCK BACK, RECOVER, TOUCH, STEP, ROCK BACK, RECOVER; TWIST HEELS L, R, L, LIFT R, TWIST HEELS R, L, R LIFT L)**

1&2&      Touch L toe to L, Step L in place, Rock back onto R, Recover forward onto L  
3&4&      Touch R toe to R, Step R in place, Rock back onto L, Recover forward onto R  
5&6&      Step L slightly forward, feet apart & Twist both heels to the L, then R, then L & Flick R back.  
7&8&      Step R slightly back, feet apart & Twist both heels to the R, then L, then R & Flick L back

**PART III. (TOUCH, STEP, TOUCH, STEP, TOUCH, STEP, TOUCH, STEP; TWIST HEELS L, R, L, R, L, R, L, R)**

1&2&      Touch L toe forward, Step L beside R, Touch R toe forward, Step R beside L  
3&4&      Touch L toe forward, Step L beside R, Touch R toe forward, Step R beside L  
5&6&      Twist both heels L, R, L, R  
7&8&      Twist both heels L, R, L, R

**PART IV. (1/4 L TURN, 1/4 L TURN, 1/4 L TURN, 1/4 L TURN; TWIST HEELS L, R, L, LIFT R, TWIST HEELS R, L, R, LIFT L)**

1&2&      Touch L toe to L making 1/4 L (9:00), Step L in place, Touch R toe forward making 1/4 L (6:00),  
3&4&      Touch L toe forward making 1/4 L (3:00), Step L in place, Touch R toe forward making 1/4 L (12:00)  
5&6&      Step L slightly forward, feet apart & Twist both heels to the L, then R, then L & Flick R back.  
7&8&      Step R slightly back, feet apart & Twist both heels to the R, then L, then R & Flick L back

**REPEAT DANCE.**

**NOTE: You can replace the single counts ie. Touch, Steps with Triple Steps after the first few times.**

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