

Do Twist

拍數: 32 牆數: 2 級數: Beginner
編舞者: Michelle Chen (TW) - June 2023

音樂: Wuleung-do Twist (울릉도 트위스트) - Lim Young Woong (임영웅), Youngtak (영탁), Lee Chanwon (찬원), Jung Dongwon (동원), Jang Minho (민호) & Kim Huijae (희재)



Introduction: 24 counts (same with Tag)

Start Foot: Right

Tag: 24 counts / 1 Times On the end of Wall3 (with S4b) facing 12:00

Intro & Tag (always facing 12:00)

T1: STEP FRWD & SHIMMY, FLICK, STEP BKWD & SHIMMY, FLICK

1 2 3 4 Step RF diag frwd and Body Shimmy frwd, on count4 Flick LF
5 6 7 8 Step LF diag bkwd and Body Shimmy bkwd, on count8 Flick RF

T2: REPEAT T1

Option: for Improving version, in T1 & T2,
you can Twist both RF&LF Heel Swivel R/L/R/L, Flick on count4 & count8

T3: K-STEP

1 2 3 4 Step RF diag frwd & Touch LF together, Step LF diag bkwd & Touch RF together
5 6 7 8 Step RF diag bkwd & Touch LF together, Step LF diag frwd & Touch RF together

Main

S1: RF HEEL-TOE TOUCH*2, GRAPEVINE(TOUCH)

1 2 RF Heel touch diag out, Toe touch together with knee swivel in
3 4 RF Heel touch diag out, Toe touch together
5 6 7 8 Step RF side, step LF behind, step RF side again, touch LF together

S2: LF HEEL-TOE TOUCH*2, GRAPEVINE(TOUCH)

1 2 LF Heel touch diag out, Toe touch together with knee swivel in
3 4 LF Heel touch diag out, Toe touch together
5 6 7 8 Step LF side, step RF behind, step LF side again, touch RF together

Option:for Improving version, in S1(5-8) & S2(5-8)

You can Twist both RF&LF moving by Toe/Heel/Toe/Heel Swivel instead of Grapevine

S3: FRWD STEP-TAP-BKWD STEP-KICK, JAZZBOX

1 2 Step RF frwd, Touch LF near behind to RF's Heel
3 4 Step LF bkwd, Kick RF frwd
5 6 7 8 Step RF cross over LF, Step LF bkwd, Step RF right side, Step LF cross over RF

S4A: MONTEREY 1/4 TURN*2

1 2 Touch RF to right side, Make a 1/4TR and Step RF together to LF
3 4 Touch LF to left side, Step LF together to RF
5 6 Touch RF to right side, Make a 1/4TR and Step RF together to LF
7 8 Touch LF to left side, Step LF together to RF

Note : on Wall3 only, change S4A into S4B

S4B: TOE SWITCH, BACK WALK*3 & TOGETHER W/ SHIMMY

1 2 Touch RF to right side, Step RF together
3 4 Touch LF to left side, Step LF together
5 6 7 8 Walk with Should Shimmy bkwd on RF, LF, RF, Step LF together to RF

Notes for abbr.

RF(Right Foot) / LF(Left Foot)

frwd (forward) / bkwd (backward)

TR(make a RightTurn) / TL(make a LEFTTurn)

Contact:

Here is the work for performing "Twist / Swivel / Shimmy".

Hope you like it.

If there is any question or suggestion, please don't hesitate to contact.

Thanks a lot.

Michelle Chen(TW)

email: michelle@nccu.edu.tw

FB: 兔子愛跳舞 LineDanceRabbit Facebook

YouTube: michelle CHEN - YouTube
