

Frankenstein Twist

拍數: 48 牆數: 4 級數: Beginner
編舞者: Gail A. Dawson (USA) - September 2023
音樂: Frankenstein Twist - The Crystals



Intro – 16 Counts

Step, Swivel, Behind, Side, Cross

1,2 R step diagonally forward, swivel heels to right raising R hip
3,4 Bring heels down with weight on L, hold
5,6 R step behind L, L step to L
7,8 R cross over L, hold

Step, Swivel, Behind, Side, Turn

1, 2 L step diagonally forward, swivel heels to left raising L hip
3,4 Bring heels down with weight on R, hold
5,6 L step behind R, R step to R
7,8 L step turning ¼ to R (3 o'clock), hold

Toe, Heel, Toe, Heel, Rock, Recover, Toe, Heel

1,2 Step R toe, drop R heel
3,4 Step L toe, drop L heel
5,6 R rock forward, recover L
7,8 Step R toe back, drop R heel

Back Toe, Heel, Toe, Heel, Rock, Recover, Step, Hold

1,2 Step L toe back, drop L heel
3,4 Step R toe back, drop R heel
5, 6 Rock back on L, recover on R
7,8 L step beside R, hold

***Restart Here on Walls 4, 7, and 10

Swivel, Swivel, Swivel, Hold, Swivel, Swivel, Swivel, Hold

1,2 Swivel both heels to R, swivel both toes to R
3,4 Swivel both heel to R, hold
5 6 Swivel both heels to L, swivel both toes to L
7,8 Swivel both heels to L, hold

Toe, Heel Strut Jazz Box

1,2 Cross R toe over L, drop R heel
3,4 Step L toe back, drop L heel
5,6 Step R toe to R, drop R heel
7,8 Cross L toe over R, drop L heel

Last Update: 6 Sep 2023