

Kimber's Twist

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Gloria Johnson (USA)
音樂: Good Girls Love Bad Boys - Kimber Clayton



KIMBER'S TWIST (REMEMBER CHUBBY CHECKER'S "TWIST"?)

1-4 Bending your knees, twist your body down
5-8 Straightening your knees, twist your body up

TOE POINTS

9 Touch right heel in front
10 Touch right toe out to right side
11 Touch right toe behind
12 Stomp right foot next to left
13 Touch left heel in front
14 Touch left toe out to left side
15 Touch left toe behind
16 Stomp left foot next to right

CHARLESTON STEPS

17 Step forward on right foot
18 Kick left foot forward
19 Step back on left foot
20 Touch right toe behind
21 Step forward on right foot
22 Kick left foot forward
23 Step back on left foot
24 Stomp right foot next to left

JUMPING JACKS WITH TURN

25 Jump up landing with feet about 18 inches apart
26 Jump up landing with right foot crossed in front of left
27 Unwind body, turning ½ turn to the left

JUMPING JACKS

28 Jump up landing with right foot at 1:00 o'clock and left foot at 7:00 o'clock
29 Jump up landing with feet together
30 Jump up landing with right foot at 5:00 o'clock and left foot at 11:00 o'clock
31 Jump up landing with feet together
32 Jump forward on both feet landing with lots of "gusto" (in other words "make some noise")

REPEAT

On steps 29, 31, and 32, the more energetic dancers may want to "slam stomp" both feet when they land.