Let's Twist Again

拍數: 40

級數: Improver

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音樂: Let's Twist Again - Chubby Checker

RIGHT GRAPEVINE, 2 HEEL SWIVELS

- 1-2 Step right to right side, cross left behind
- 3-4 Step right to right side, step left next to right
- 5-6 On balls of both feet swivel heels to right, swivel both heels to center
- 7-8 On balls of both feet swivel heels to right, swivel both heels to center

LEFT GRAPEVINE WITH ¼ TURN LEFT, HOOK BEHIND-SLAP, HITCH-SLAP

- 1-2 Step left to left side, cross right behind left
- 3-4 Step left to left side turning 1/4 left, step right next to left
- 5-6 Hook left behind right knee slapping with right hand, step left in place
- 7-8 Hitch right in front of left leg slapping knee with left hand, step right in place

HEEL TOUCHES FORWARD, JAZZ BOX WITH 1/4 TURN LEFT

- 1-2 Touch left heel forward, step left next to right
- 3-4 Touch right heel forward, step right next to left
- 5-6 Cross step left over in front of right, step back on right
- 7-8 Step left 1/4 turn left, touch right next to left

MONTEREY TURN, HEEL SWIVELS

- 1-2 Touch right to right side, 1/2 turn right stepping right next to left
- 3-4 Touch left to left side, step left next to right
- 5-6 On balls of both feet swivel heels to right, swivel both heels to center
- 7-8 On balls of both feet swivel heels to left, swivel both heels to center

TOE-HEEL TWICE, STEP-1/2 TURN, STEP-HITCH AND HOP

- Touch right toe next to left foot swiveling left heel slightly to right 1
- Touch right heel diagonally right swiveling left toe to right 2
- 3 Touch right toe next to left foot swiveling left heel slightly to right
- 4 Step right next to left
- 5-6 Step forward on left, pivot 1/2 turn right
- 7-8 Step forward on left, hop on left hitching right knee up

REPEAT





牆數:2