

Mini Twist

拍數: 56 牆數: 4 級數: Improver
編舞者: Jette Elmann Sørensen (DK)
音樂: Twist of Love - Sidsel Ben Semmane



VINE RIGHT, KICK TO LEFT DIAGONAL - LEFT, CROSS, LEFT - KICK TO RIGHT DIAGONAL

- 1-4 Step right to right side, cross left behind right, step right to right side, kick left diagonally forward left
5-8 Step left to left side, cross right over left, step left to left side, kick right diagonally forward right

TOE STRUT FORWARD RIGHT, LEFT, RIGHT, LEFT

- 1-4 Step forward on right toe, drop heel taking weight, step forward on left toe, drop heel taking weight
5-8 Repeat

VINE RIGHT, KICK TO LEFT DIAGONAL - LEFT, CROSS, LEFT - KICK TO RIGHT DIAGONAL (SAME AS SECTION 1)

- 1-4 Step right to right side, cross left behind right, step right to right side, kick left diagonally forward left
5-8 Step left to left side, cross right over left, step left to left side, kick right diagonally forward right

TOE STRUT BACK RIGHT, LEFT, RIGHT, LEFT

- 1-4 Step back on right toe, drop heel taking weight, step back on left toe, drop heel taking weight
5-8 Repeat, ending with weight on both feet

TRAVELING SWIVELS RIGHT - CLAP - HEELS TO THE LEFT - CLAP - HEELS TO THE RIGHT - CLAP

- 1-4 Heels to the right, toes the right, heels to the right, hold and clap your hands
5-8 Heels to the left, clap, heels to the right, clap

TRAVELING SWIVELS LEFT - CLAP - HEELS TO THE RIGHT - CLAP - TO THE LEFT - CLAP

- 1-4 Heels to the left, toes the left, heels to the left, hold and clap your hands
5-8 Heels to the right, clap, heels to the left, clap

FREESTYLE TWIST ON THE SPOT

- 1-8 Freestyle twist on the spot

REPEAT
