

Nighttime Twist

COPPER KNOB
STEPPERS

拍數: 0 牆數: 1 級數: Improver
編舞者: Knox Rhine (USA)
音樂: Twistin' the Night Away - Scooter Lee



Sequence: A, A, B, A, B, A

SECTION A (96)

DOUBLE SHIMMY RIGHT

- 1 Step to right side with right foot
- 2-3 Shoulder shimmies
- 4 Place left foot next to right foot
- 5 Step to right side with right foot
- 6-7 Shoulder shimmies
- 8 Place left foot next to right foot

DOUBLE SHIMMY FORWARD

- 9 Step forward with left foot
- 10-11 Shoulder shimmies
- 12 Touch right toe next to left foot
- 13 Step forward with right foot
- 14-15 Shoulder shimmies
- 16 Touch left toe next to right foot

DOUBLE SHIMMY LEFT

- 17 Step to left side with left foot
- 18-19 Shoulder shimmies
- 20 Place right foot next to left foot
- 21 Step to left side with left foot
- 22-23 Shoulder shimmies
- 24 Touch right toe next to left foot

DOUBLE SHIMMY BACKWARDS

- 25 Step back with right foot
- 26-27 Shoulder shimmies
- 28 Touch left toe next to right foot
- 29 Step back with left foot
- 30-31 Shoulder shimmies
- 32 Touch right toe next to left foot

RUNNING GRAPEVINE RIGHT, BRUSH

- 33 Step to right side with right foot
- 34 Step across behind right leg with left foot
- 35 Step to right side with right foot
- 36 Step across in front of right leg with left foot
- 37 Step to right side with right foot
- 38 Step across behind right leg with left foot
- 39 Step to right side with right foot
- 40 Brush left toe forward

RUNNING GRAPEVINE LEFT, BRUSH

- 41 Step to left side with left foot
- 42 Step across behind left leg with right foot
- 43 Step to left side with left foot
- 44 Step across in front of left leg with right foot
- 45 Step to left side with left foot
- 46 Step across behind left leg with right foot
- 47 Step to left side with left foot
- 48 Brush right toe forward

CAMEL WALK, TURNING BOX

- 49 Step forward-right with right foot
- 50 Slide-lock left foot up behind right foot
- 51 Step forward-right with right foot
- 52 Step forward with left foot
- 53 Step across in front of left leg with right foot
- 54 Step back onto left toe
- 55 Pivot ½ turn right on ball of left foot, stepping forward with right foot
- 56 Step together with left foot

CAMEL WALK TURNING BOX

- 57 Step forward-right with right foot
- 58 Slide-lock left foot up behind right foot
- 59 Step forward-right with right foot
- 60 Step forward with left foot
- 61 Step across in front of left leg with right foot
- 62 Step back onto left toe
- 63 Pivot ½ turn right on ball of left foot, stepping forward with right foot
- 64 Step together with left foot

LEFT HEELS, TOES, HEELS, TOES

- 65 Move both heels to left side
- 66 Move both toes to left side
- 67 Move both heels to left side
- 68 Moves both toes to left side

RIGHT TOES, HEELS, TOES, HEELS

- 69 Move both toes to right side
- 70 Move both heels to right side
- 71 Move both toes to right side
- 72 Move both heels to right side

LEFT HEELS, HOLD, TOES, HOLD, HEELS HOLD, TOES, HOLD

- 73-74 Moves both heels to left side, hold/clap
- 75-76 Move both toes to left side, hold/clap
- 77-78 Moves both heels to left side, hold/clap
- 79-80 Move both toes to left side, hold/clap

RIGHT TOES, HEELS, TOES, HEELS

- 81 Move both toes to right side
- 82 Move both heels to right side
- 83 Move both toes to right side
- 84 Move both heels to right side

LEFT HEELS, TOES, HEELS, TOES

- 85 Move both heels to left side
- 86 Move both toes to left side
- 87 Move both heels to left side
- 88 Moves both toes to left side

RIGHT TOES, HOLD, HEELS, HOLD, TOES, HOLD, HEELS, HOLD

- 89-90 Moves both toes to right side, hold/clap
- 91-92 Move both heels to right side, hold/clap
- 93-94 Moves both toes to right side, hold/clap
- 95-96 Move both heels to right side, hold/clap

SECTION B (64)

TWISTING ½ TURN LEFT

- 1 Step forward onto ball of right foot
- 2-8 Twist left and right on the balls of both feet completing ½ turn left on count 8

TWIST LEANING FORWARD

- 9-16 Continue twisting left and right and slowly lean forward with upper body

TWIST LEANING BACK

- 17-24 Continue twisting left and right and slowly lean backwards with upper body

WIGGLE DOWN, DOWN, UP, UP, DOWN, DOWN, UP, UP

- 25-26 With weight on both feet, shake shoulders and lower body down
- 27-28 Continue shoulder shakes and raise body up
- 29-30 Continue shoulder shakes and lower body down
- 31-32 Continue shaking shoulders and raise body up

TWIST LEANING FORWARD

- 33-40 Resume twisting left and right and slowly lean forward with upper body

TWIST LEANING BACK

- 41-48 Continue twisting left and right and slowly lean backwards with upper body

STEP-SLIDE LEFT, STEP-SLIDE RIGHT

- 49 Step to left side with left foot
- 50-52 Slide right toe next to left foot
- 53 Step to right side with right foot
- 54-56 Place left foot next to right foot

TWISTING ½ TURN LEFT

- 57 Step forward onto ball of right foot
- 58-64 Twist left and right on the balls of both feet completing ½ turn left on count 64

REPEAT FROM SECTION A
