Nighttime Twist



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 foot5 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 foot10-11 Shoulder shimmies

Touch right toe next to left foot

Step forward with right foot

14-15 Shoulder shimmies

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 foot21 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 fo

Step across in front of left leg with right foot

Step together with left foot

54 Step back onto left toe

55 Pivot ½ turn right on ball of left foot, stepping forward with right foot

Step together with left foot

CAMEL WALK TURNING BOX

57 Step forward-right with right foot	
Slide-lock left foot up behind right foot	
59 Step forward-right with right foot	
60 Step forward with left foot	
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	ht foot

LEFT HEELS, TOES, HEELS, TOES

64

Move both heels to left side
Move both toes to left side
Move both heels to left side
Moves both toes to left side

RIGHT TOES, HEELS, TOES, HEELS

Move both toes to right side
Move both heels to right side
Move both toes to right side
Move both heels to right side
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 1/2 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 1/2 TURN LEFT

57 Step forward onto ball of right foot

Twist left and right on the balls of both feet completing ½ turn left on count 64

REPEAT FROM SECTION A