

# P. W. Twist

拍數: 40      牆數: 2      級數: Intermediate  
編舞者: Peggi Sue Wood (USA)  
音樂: Trouble - Mark Chesnutt



## RIGHT /LEFT SLIDE STEPS, RIGHT HEEL TWIST WITH HAND TWISTS

- 1-2      Slide right foot to right side, slide left next to right
- 3-4      Slide right foot to right side, slide left next to right
- 5-8      Twist heels right, center, right, center (arms straight out front with palms facing in twist hands in same direction as heels)

## LEFT/RIGHT SLIDE STEPS, LEFT HEEL TWIST WITH HAND TWISTS

- 1-2      Slide left foot to left side, slide right next to left foot
- 3-4      Slide left foot to left side, slide right next to left foot
- 5-8      Twist heels left, center, left, center (arms straight out front with palms facing in twist hands in same direction as heels)

## RIGHT HEEL & TOE TAPS, HOLD & CLAP, RIGHT HOOK

- 1-2      Tap right heel forward, hold & clap
- 3-4      Tap right toes back, hold & clap
- 5-6      Tap right heel forward, tap right toes back
- 7-8      Tap right heel forward, hook right foot over left

## RIGHT & LEFT FORWARD SHUFFLES, ½ TURN RIGHT

- 1&2      Shuffles forward right left right
- 3&4      Shuffles forward left right left
- 5&6      Shuffles forward right left right
- 7-8      Sweep left around in front of right foot, pivot ½ turn right on both feet

## RIGHT & LEFT SHOULDER MOVEMENTS

- 1-2      Drop right shoulder down as left shoulder comes up (hands down by sides), drop left shoulder down as right shoulder comes up
- 3-4      Repeat steps 1-2
- 5-6      Drop right shoulder down as left shoulder comes up moving body down, drop left shoulder down as right shoulder comes up moving body down (hands straight out front with palms down, moving hands down for 2 counts)
- 7-8      Drop right shoulder down as left shoulder comes up moving body up, drop left shoulder down as right shoulder comes up moving body up (hands straight out front with palms up, raising hands up for 2 counts)

**REPEAT**

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