

Reggae Twist

拍數: 96 牆數: 1 級數:
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音樂: Reggae Twist - Envision With G. Terranova



This dance is done with lots of hip action and energy mambo style!

TWIST WHILE STEPPING RIGHT-LEFT-RIGHT-LEFT-RIGHT-THEN SAME TO LEFT

- 1-4 While twisting feet right step out right-twist feet left & step left in place -twist & step right in place-twist & step left next to right-twist & step right in place
- 5-8 While twisting feet left step out left-step right in place while twist feet right -twist & step left in place-twist & step right next to left-twist & step left in place

GRAPEVINE RIGHT WITH TOUCH WHILE ROLLING ARMS, GRAPEVINE LEFT WITH TOUCH WHILE ROLLING ARMS

- 1-8 Grapevine right with touch while rolling arms, then grapevine left with touch while rolling arms

TAP RIGHT TOE OUT TO SIDE TWICE - STEP RIGHT NEXT TO LEFT-TAP LEFT TOE OUT TO SIDE-STEP LEFT NEXT TO RIGHT

- 1-8 Tap right out to side-step right next to left-tap left out to side-step left next to right tap right out to side-step right next to left-tap left out to side-step left next to right

ROLLING GRAPEVINE RIGHT WITH TOUCH & CLAP-ROLLING GRAPEVINE LEFT WITH TOUCH & CLAP

- 1-8 Rolling grapevine right and clap, rolling grapevine left and clap

SALSA STEP 4 TIMES

- 1&2 Step right out & forward a little & step left behind right-step right in place
- 3&4 Step left out & forward a little & step right behind left-step left in place
- 5&6 Step right out & forward a little & step left behind right-step right in place
- 7&8 Step left out & forward a little & step right behind left-step left in place

GRAPEVINE RIGHT WITH KICK WHILE ROLLING ARMS-GRAPEVINE LEFT WITH KICK WHILE ROLLING ARMS

- 1-8 Grapevine right roll arms & touch left repeat to left

STEP SLIDES-STEP RIGHT TO RIGHT-SLIDE LEFT TO RIGHT-STEP RIGHT-SLIDE LEFT-OPPOSITE BACK TO LEFT

- 1-8 Step right to side-slide left to right-step right to side-slide left to right, step right to side-slide left to right-step right to side-slide left to right

ROLLING GRAPEVINE RIGHT WITH SMALL KICK SIDE & CLAP-REPEAT TO LEFT

- 1-8 Rolling grapevine right with small kick side and clap, repeat to left

CHORUS-KICK STEP & TWISTS

- 1-2 Small kick right as you step forward a little, small kick left as you step forward a little
- 3&4 Twist heels right-left-right
- 5-6 Small kick left as you step forward a little, small kick right as you step forward a little
- 7&8 Twist heels left-right-left

WALK RIGHT & TWIST-WALK LEFT & TWIST

- 1-2 ¼ turn right walk forward right-walk forward left
- 3&4 Make a ¼ turn left to face original wall while twisting heels right-left-right

5-6 ¼ turn left walk forward left-walk forward right

7&8 Make a ¼ turn right to face original wall while twisting heels left-right-left

ROLLING GRAPEVINE RIGHT WITH TRIPLE STEP WHILE CIRCLING ARMS OVER HEAD-REPEAT TO LEFT

1-8 Rolling grapevine right and triple step right-left-right circling arms-repeat to left

FOOT PUMPS-RIGHT FORWARD-BACK-FORWARD-BACK FULL PADDLE TURN LEFT-STEP RIGHT TURN X 4

1-4 Pump right foot forward (touch toe forward with pumping action)-touch back-forward-back

5-8 Full paddle turn or lasso turn to left step right forward & turn ¼ left x 4

REPEAT
