

Swing, Turn And Twist

拍數: 64 牆數: 1 級數: Intermediate
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音樂: Down At The Twist & Shout - More Tequila



SWING STEPS AND TURNS

- 1-4 Charleston steps - swing right foot forward, swing right foot back, swing left foot back, swing left foot forward
- 5 Turn $\frac{1}{4}$ right, step right foot forward
- 6 Turn $\frac{1}{2}$ left, step left foot forward
- 7&8 Turn round $\frac{3}{4}$ right, stepping, right foot, left foot, right foot
- 1-8 Repeat the above 8 opposite steps, starting with swinging left foot forward

DIAGONALLY FORWARD AND SHUFFLE

- 1-2 Two steps diagonally forward to the right; right foot, left foot
- 3&4 Shuffle right foot: right foot, left foot, right foot
- 5-6 Two steps diagonally forward to the left: left foot, right foot
- 7&8 Shuffle left foot: left foot, right foot, left foot

CROSS, SWIVEL AND HEEL CHANGE

- 1 Cross right foot over left foot
- 2 Turning to the left, unwind crossing with left foot beside right foot
- 3 Swivel both heels to the left
- & Swivel both toes to the left
- 4 Swivel both heels to the left and clap
- 5 Swivel both heels to the right
- & Swivel both toes to the right
- 6 Swivel both heels to the right and clap
- 7& Step left heel forward and pull foot back beside right foot
- 8& Step right heel forward and pull foot back beside left foot

REPEAT OPPOSITE STEPS OF SECTIONS 2 & 3

- 1-16 Start with left foot diagonally forward to the left of section 2 and end with left heel forward and pull back beside right foot of section 3

PADDLE TURNS TO LEFT AND RIGHT

- 1 Tap right foot forward with weight on left foot
- & Pivot $\frac{1}{4}$ turn to the left on left foot
- 2&3&4& Repeat these steps three more times, keep turning to left, ending with weight on left foot (you have made a full turn to the left)
- 5&6&7&8 Make a similar full turn to the right

FORWARD, CROSS, TURN

- 1-2 Right foot forward, cross left foot over right foot
- 3 $\frac{1}{2}$ turn to the right, stepping right foot to the right
- & Transfer weight and hips to the left
- 4 Transfer weight and hips to the right
- 5-6 Left foot forward; cross right foot over left foot
- 7 $\frac{1}{2}$ turn to the left, stepping left foot to the left
- & Transfer weight and hips to the right
- 8 Transfer weight and hips to the left

REPEAT
