

Torrance Twist

拍數: 48 牆數: 0 級數:
編舞者: Carol R. Miller (USA)
音樂: The Twist - Ronnie McDowell



Bending the knees slightly and lowering the body will look better when doing the twists in Counts 1-4, 9-12, and 33-36.

HEEL SWINGS TO RIGHT SIDE ONLY

- 1 Pivot on toes to the left, swinging heels 1/8 turn to the left
- 2 Pivot on toes to the right, swinging heels back to starting position
- 3 Pivot on toes to the left, swinging heels 1/8 turn to the left
- 4 Pivot on toes to the right, swinging heels back to starting position

- 5 Left heel touch forward
- 6 Left foot step to close to right foot
- 7 Right toe touch backward
- 8 Right foot step to close to left foot

FULL TWIST HEEL SWINGS TO BOTH SIDES

- 9 Pivot on toes to the left, swinging heels 1/8 turn to the left
- 10 Pivot on toes to the right, swinging heels 1/4 turn to the right
- 11 Pivot on toes to the left, swinging heels 1/4 turn to the left
- 12 Pivot on toes to the right, swinging heels back to starting position

AIR KICKS

- 13 Right foot step right
- 14 Left foot low kick diagonally across the front of the right foot to the right
- 15 Left foot step left
- 16 Right foot low kick diagonally across the front of the left foot to the left

VINE TO THE RIGHT

- 17 Right foot step to the right
- 18 Left foot step behind right leg to the right
- 19 Right foot step to the right
- 20 Left foot scuff forward to low kick and clap

VINE TO THE LEFT

- 21 Left foot step to the left
- 22 Right foot step behind left leg to the left
- 23 Left foot step to the left
- 24 Right foot scuff forward to low kick and clap

- 25 Right foot step backward
- 26 Left foot step backward
- 27 Right foot step backward
- 28 Left knee is raised in hitch until the upper leg is parallel to the floor, right foot scot forward, and clap

- 29 Left foot step forward
- 30 Right toe slide to the left side of the left foot's heel

- 31 Left foot step forward
- 32 Right foot stomp to close to left foot

FULL TWIST HEEL SWINGS TO BOTH SIDES

- 33 Pivot on toes to the left, swinging heels 1/8 turn to the left
- 34 Pivot on toes to the right, swinging heels 1/4 turn to the right
- 35 Pivot on toes to the left, swinging heels 1/4 turn to the left
- 36 Pivot on toes to the right, swinging heels back to starting position

COUNTRY-STYLE CHARLESTON

- 37 Left foot step forward
- 38 Right foot kick forward
- 39 Right foot step backward
- 40 Left toe touch backward

- 41 Left foot step forward
- 42 Right foot kick forward
- 43 Right foot step backward
- 44 Left toe touch backward

VINE TO THE LEFT WITH 1/4 TURN TO THE LEFT

- 45 Left foot step to the left
- 46 Right foot step behind left leg to the left
- 47 Left foot step left 1/4 turn to the left
- 48 Right foot stomp to close to left foot

REPEAT

Option 1

Hop and twist your feet while in the air so you can land with the correct foot position on the twist counts, Counts 1-4, 9-12, and 33-36. Also, use arm movements from the original twist, which will resemble pulling a towel from side to side across your backside.

Use chest to shoulder height kicks on Counts 38 and 42.

For Counts 37-44 keep arms fairly rigid and straight down at your sides, or slightly forward, with the palms flat and parallel to the floor, with the fingers held straight. This is one of the early Charleston stylings.

Option 2

Starting position: Hands on hips, feet spread to shoulder width, body and head straight-back to cameras/audience

Starting time: Everyone holds until after slow intro sings: "Baby likes to rock it like a boogie-woogie choo-choo train, train, train, train;" and then wait 4 counts into the song's main rhythm.

- 1 Hold
- 2 Hold
- 3 Hold
- 4 Hold

Column One starts to dance on music Count 5.

- 5 Jump with right foot crossing in front of left leg to the left (crossed leg jumping jack position)
- 6 Pivot 1/2 turn to the left
- 7 Heels down and hold
- 8 Clap and return hands to hips and hold through count 24

Column Two starts to dance on music Count 9.

- 9 Jump with right foot crossing in front of left leg to the left (crossed leg jumping jack position)
- 10 Pivot 1/2 turn to the left

- 11 Heels down and hold
- 12 Clap and return hands to hips and hold through count 24

Column Three starts to dance on music Count 13.

- 13 Jump with right foot crossing in front of left leg to the left (crossed leg jumping jack position)
- 14 Pivot ½ turn to the left
- 15 Heels down and hold
- 16 Clap and return hands to hips and hold through count 24

Column Four starts to dance on music Count 17.

- 17 Jump with right foot crossing in front of left leg to the left (crossed leg jumping jack position)
- 18 Pivot ½ turn to the left
- 19 Heels down and hold
- 20 Clap and return hands to hips and hold through count 24

Column Five starts to dance on music Count 21.

- 21 Jump with right foot crossing in front of left leg to the left (crossed leg jumping jack position)
- 22 Pivot ½ turn to the left
- 23 Heels down and hold
- 24 Clap and return hands to hips

Everyone starts Tush Push opening for 12 Counts.

- 25 Right heel touch in front
- 26 Right foot close beside left foot
- 27 Right heel touch in front
- 28 Right heel touch in front

- 29 Change foot positions with a hop-left heel will now touch in front
- 30 Left foot close beside right foot
- 31 Left heel touch in front
- 32 Left heel touch in front

- 33 Change foot positions with a hop-right heel will now touch in front
- 34 Change foot positions with a hop-left heel will now touch in front
- 35 Change foot positions with a hop-right heel will now touch in front
- 36 Hold and clap and return hands to hips

- 37 Hold
- 38 Hold
- 39 Hold
- 40 Hold

Everyone starts Torrance Twist on Count 41.

Ending

After the last pattern is danced and finished with a stomp, you will have your back to the cameras/audience. Everyone will twist the upper body ½ turn to the right, the right arm stretches toward the camera/audience (keep it lower than your face or you will not be seen by camera/audience), the left arm extends behind you. (To make this more graceful, keep the right foot in place after the last stomp and leave only the left toe touching the floor allowing the heel to raise and bend the left knee to allow you to twist easily to the right.)
