

# Trinidad Twist

拍數: 32  
編舞者: Leslie Eden Clare (USA)  
音樂: Montego Bay - Amazulu

牆數: 2

級數: Intermediate/Advanced



This dance is high-energy and high-spirited. Add Latin styling with arm movements and by twisting through the waist, hips and knees.

## RIGHT GRAPEVINE, RIGHT SHUFFLE MAKING A FULL RIGHT LOOP TURN

- 1-2 Right foot steps to right; left foot steps to right crossing behind right foot  
3&4 Shuffle right-left-right making a full turn right in the shape of a small loop (not a spin) returning to original wall facing 12:00

## LEFT GRAPEVINE, LEFT SHUFFLE MAKING A FULL LEFT LOOP TURN

- 5-6 Left foot steps to left; right foot steps to left crossing behind left foot  
7&8 Shuffle left-right-left making a full turn left in the shape of a small loop (not a spin) returning to original wall facing 12:00

## RIGHT GRAPEVINE WITH ½ RIGHT TURN

- 9-10 Right foot steps to right; left foot steps to right crossing behind right foot  
11 Right foot steps to right making ½ turn to the right (now facing back wall-6:00)  
12 Left foot steps to left

## LEFT GRAPEVINE WITH TRAVELING LEFT SHUFFLE MAKING A FULL LEFT SPIN

- 13-14 Right foot steps to left behind left foot; left foot steps to left turning ¼ to the left  
15&16 Shuffle right-left-right making a ¾ spin to the left (now facing back wall-6:00)

The shuffle spin should travel to the left slightly

## SAILOR SHUFFLES MOVING SLIGHTLY BACKWARD

- 17&18 Left foot swings out and steps behind right foot; right foot steps to right; left foot steps to left (weight on left, feet slightly apart)  
19&20 Right foot swings out and steps behind left foot; left foot steps to left; right foot steps to right (weight on right, feet slightly apart)  
21&22 Left foot swings out and steps behind right foot; right foot steps to right; left foot steps to left (weight on left, feet slightly apart)  
23&24 Right foot swings out and steps behind left foot; left foot steps to left; right foot steps to right (weight on right feet slightly apart)

## LEFT STOMP, RIGHT KICK, MODIFIED COASTER STEP WITH TOE POINT

- 25-26 Stomp left foot forward; kick right foot forward high and to the left across left leg (twist at the waist so lower body is turned slightly to left while upper body faces forward)  
27&28 Right foot steps back; left foot steps back together with right foot; right toe touches with foot arched directly in front of left foot with right knee bent and turned to the left in front of left leg

## RIGHT STOMP, LEFT KICK, MODIFIED COASTER STEP WITH SYNCOPATED CROSS-OVER

- 29-30 Stomp right foot forward; kick left foot forward high and to the right across right leg (twist at the waist so lower body is turned slightly to right while upper body faces forward)  
31&32 Left foot steps back; right foot steps back together with left foot; left foot steps to right crossing in front of right foot

REPEAT