

Trinidad Twist

拍數: 32 牆數: 2
編舞者: Leslie Eden Clare (USA)
音樂: Montego Bay - Amazulu

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