

Twist 'n' Stomp

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Vicki E. Rader (USA)
音樂: Twist and Shout - The Beatles



TRAVELING (RIGHT) SWIVELS, HEEL TWISTS

1-2 Swivel heels to the right; swivel toes to the right
3-4 Swivel heels to the right; swivel toes to the right
5-8 Shift weight to balls of both feet and twist heels right, left, right, left

TRAVELING (LEFT) SWIVELS, HEEL TWISTS, ¼ TURN RIGHT

9-10 Swivel toes to the left; swivel heels to the left
11-12 Swivel toes to the left; swivel heels to the left
13-15 Shift weight to balls of both feet and twist heels right, left, right
16 Twist heels ¼ turn left (now facing 3 o'clock) shifting weight to left foot

KICK TWICE, ROCK-STEP, SHUFFLE, STEP, STOMP

17-18 Kick right foot forward twice
19-20 Rock back on right foot; step forward on left foot
21&22 Shuffle forward right-left-right
23-24 Step forward on left foot; stomp right foot next to left

STEP, SLIDE, STEP, TOUCH, STEP, SLIDE, STEP, STOMP

25-26 Step right on right foot; slide left foot next to right
27-28 Step right on right foot; touch left foot next to right
29-30 Step left on left foot; slide right foot next to left
31-32 Step left on left foot; stomp right foot next to right (stomp down with weight)

REPEAT
