

# Twist & Shout

**COPPER KNOB**  
STEPPERS

拍數: 16      牆數: 4      級數:  
編舞者: Jenny Rockett (UK)  
音樂: Down At the Twist and Shout - Mary Chapin Carpenter



- 1&      Rock forward on to right foot and back on to left foot  
2&      Rock back on to right foot and forward on to left foot  
3&4     Right step forward, left foot close to right foot, right step forward  
5&      Rock forward on to left foot and back on to right foot  
6&      Rock back on to left foot and forward on to right foot  
7&8     Left step forward, right close to left foot, left step forward
- 9&      Rock forward on to right foot and back on to left foot  
10      Right foot step back with  $\frac{1}{4}$  turn to right  
&      Left foot step to right foot  
11      Right foot step to right with  $\frac{1}{4}$  turn to right  
&      Left foot touch to right foot  
12      Left foot step forward  $\frac{1}{4}$  turn to right  
&      Right foot step to left foot  
13      Left foot step to left  
&      On ball of left foot  $\frac{1}{2}$  turn to right  
14&     Step right foot to right, left foot touch to right foot  
15&     Left foot to left, right foot step to left foot  
16&     Left foot step to left, right foot touch to left foot

**REPEAT**

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