

# Twist And Shout

COPPER KNOB  
BY STEPHEN METZ

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Jan Barrus (USA)  
音樂: Twist and Shout - The Isley Brothers



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## TOUCH, TWIST, TWIST, TWIST, VINE RIGHT, TOUCH

1-2      Touch right foot to right side, twist hips and knees left  
3-4      Twist hips and knees right, twist hips and knees left  
5-6      Step right foot to right side, step left foot crossed behind right  
7-8      Step right foot to right side, touch left foot beside right

## TOUCH, TWIST, TWIST, TWIST, VINE LEFT, TOUCH

1-2      Touch left foot to left side, twist hips and knees right  
3-4      Twist hips and knees left, twist hips and knees right  
5-6      Step left foot to left side, step right foot crossed behind left  
7-8      Step left foot to left side, touch right foot beside left

## HIP BUMPS, FORWARD, BACK, BACK, FORWARD

1&2      Place right foot forward to right front diagonal, bump hips right, left, right, shifting weight forward to right foot  
3&4      Bumps hips left, right, left shifting weight back to left foot  
5&6      Place right foot back to right back diagonal, bump hips right, left, right, shifting weight back to right foot  
7&8      Bump hips left, right, left shifting weight forward to left foot

## WALK, WALK, STEP, ¼ TURN LEFT, WEAVE

1-2      Walk forward on right foot, walk forward on left foot  
3-4      Step forward on right foot, turn ¼ turn left ending with weight on left foot  
5-6      Step right foot crossed in front of left, step left foot to left side  
7-8      Step right foot crossed behind left, step left foot to left side

**REPEAT**

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