

Twist And Shout

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



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
