

Twist, Rock & Roll

拍數: 0 牆數: 1 級數: Intermediate
編舞者: Forty Arroyo (USA)
音樂: She Wants to Rock - The Warren Brothers



Sequence: A, Tag, AA, BB, AA, BB

PART A

MERENGUE TO RIGHT, MERENGUE TO LEFT

1-4 Step right, step left next to right, step right, touch left next to right
5-8 Step left, step right next to left, step left, touch right next to left

ROCK STEPS WITH ½ RIGHT HITCH, ROCK STEP WITH ½ LEFT HITCH, STOMP RIGHT, STOMP LEFT

1-4 Rock forward right, back onto left, hitch right knee while turning ½ to right, rock forward right
5-8 Rock back onto left, hitch right knee while turning ½ to left, stomp right, stomp left next to right

RIGHT SAILOR SHUFFLE, LEFT SAILOR SHUFFLE, PIVOT ½ LEFT, PIVOT ½ LEFT

1&2 Cross right behind left, step left next to right, step slightly right
3&4 Cross left behind right, step right next to left, step slightly left
5-8 Step forward on right, pivot ½ left, repeat

MERENGUE TO RIGHT, MERENGUE TO LEFT

1-8 Repeat steps 1-8

ROCK STEPS WITH ½ RIGHT HITCH, ROCK STEP WITH ½ LEFT HITCH, STEP RIGHT, LEFT, BEND KNEES, ROCK AND ROLL

9-11 Rock forward right, back onto left, hitch right knee while turning ½ to right
12-14 Rock forward right, back onto left, hitch right knee while turning ½ to left
15-16 Stomp right, stomp left (feet slightly apart)
17-20 With bended knees, rock hips left and hold, rock hips right and hold
21-24 Roll hips to the left for 4 counts as you shift weight to left

PART B

TRAVELING RIGHT TOE & HEEL TWIST & TOUCH, ¼ RIGHT CROSS STEP - REPEAT

1 (Traveling right) twist heels to right while touching right toes to left instep
2 (Traveling right) twist heels to left while touching right heel to left instep
3-4 Repeat steps 1 and 2
5 Repeat step 1
6 Twist heels to left while turning ¼ right and tapping right heel slightly forward
7-8 Cross right over left, step back on left
9-16 Repeat steps 1 thru 8

TOE RIGHT HEEL CROSS, LEFT TOE HEEL CROSS, KICK RIGHT, STEP

1-3 Point right toes toward left instep, point right heel toward left instep, cross right over left
4-6 Point left toes toward right instep, point left heel toward right instep, cross left over right
7-8 Kick right forward while scooting back on left, step slightly back on right

KICK LEFT, STEP, ROCK BACK, STEP, HITCH WITH HOP, STEP FORWARD RIGHT, TAP HEELS TWICE

1-2 Kick left forward while scooting back on right, step slightly back on left
3-4 Rock back onto right and forward onto left
5-6 Hitch right knee hopping forward on left, step right forward about 10:00

- 7-8 Tap right heel twice (clap when you tap optional)
- 33-48 TWIST YOUR BUTT OFF FOR 16 COUNTS
- 1-4 While bending right knee forward (leaning forward) "twist" hips, right left right left
- 5-8 While bending left knee (leaning back) right extended forward "twist" right left right left
- 9-16 Repeat steps 1- 8 (end with weight on left))

Tag

After the first "A" there is a 16 count tag. Go wild for 16 counts making sure your weight ends on your left so that you can start the merengue to the right.

Or you can do the following:

- 1-4 Step to right with toes, drop right heel, rock back on left, step right in place
- 5-7 Step to left with toes, drop left heel, rock back on right, step left in place
- 8-16 Repeat steps 1-8

For styling, swing arms out to side with bended elbow and snap on counts 1&2. Swing arms in crossing at the chest and snap for counts 3&4. Do same for 5-8. Or do your own hand jive.
