

# 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.**

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